Inside

Role model AFN broadcaster honored for lifesaving action. See page 16



Silver and **Bronze Stars Friedberg Soldiers** recognized for bravery in Ramadi, Iraq. See page 19.



Blow by blow Fighters and fans turn out in force for 20th annual Black **History Month** Boxing Tourney. See page 27.



erald Union



Vol. IX, No. 9

Serving the military communities of the U.S. Army Garrison Hessen



Photo by Dennis Johnson

Maj. Gen. Fred D. Robinson Jr., 1st AD commander, addresses issues of concern from Soldiers and families of 1st Squadron, 1st Cavalry Regiment, at a Town Hall in Büdingen Feb. 11.

USAREUR transformation

1-1st Cav to inactivate; other USAG Hessen units moving

By Susan Huseman

U.S. Army Garrison Hessen Public Affairs Office

Gen. Douglas MacArthur once said, "Old Soldiers never die, they just fade away." The same could be said for the longest serving cavalry regiment in the U.S. Army.

The 1st Squadron, 1st Cavalry Regiment, in Büdingen, is among the latest units in U.S. Army Europe slated for inactivation.

In another round of transformation actions announced by U.S. Army Europe Feb. 8 the inactivation of 1-1st Cav means U.S. Army Garrison Hessen and the Hanau Community will lose 620 Soldiers and more than 900 family members by the end of the

Other USAG Hessen units affected by the USAREUR transformation announcement include Headquarters and Headquarters Detachment, 709th Military Police Battalion in Hanau, which will relocate to Grafenwöhr. Company B, 501st Military Intelligence Battalion in Wackerheim will relocate to Baumholder, as will Wiesbaden's Company B, 141st Signal Battalion. As part of USAREUR's Personnel Services Delivery Redesign, the 55th Personnel Services Battalion in Hanau (see next issue) and 90th PSB in Baumholder (see page 14) have inactivated.

Another unit impacted by the transformation is Wiesbaden's 421st Medical Battalion which will con-

See Transformation on page 5

Contagious virus affecting Europe

Just when you thought you beat the winter flu season, another virus is blowing across the continent causing more than runny noses and watery eyes. The norovirus is causing concern in some parts of Ger-

While the Robert Koch Institute of Germany reported more than 24,000 cases of the norovirus between Dec. 19, 2006, and Jan. 18, 2007, Army hospitals and clinics in Germany are not reporting high numbers.

"We have seen a slight increase of patients with diarrhea in Landstuhl Regional Medical Center's Emergency Room, but nothing significant in the

See Norovirus on page 4

News flash

Soldier killed in Iraq

Spc. Alan E. McPeek, age 20, of Tucson, Ariz., died Feb. 2 in Ramadi, Iraq, after coming in contact with enemy fire. McPeek was a member of Giessen's 16th Engineer Battalion. (DoDNews)

Officer Candidate School board

The U.S. Army Garrison Hessen will hold an Officer Candidate School board March 15 starting at 8 a.m. in Building 1208 (conference room) on Hanau's Yorkhof Kaserne. The board is open to any qualified enlisted/warrant officer Soldiers interested in becoming commissioned officers. All packets must be completed and turned into the USAG Hessen S-1 by March 9. Call Staff Sgt. Lucas at mil 323-3001 for more information.

New V Corps commander

Lt. Gen. James D. Thurman formally assumed command of V Corps and welcomed Soldiers home from deployment to Iraq in a ceremony on Heidelberg's Campbell Barracks Feb. 6. Thurman comes to V Corps from Fort Hood, Texas, where he commanded the Army's 4th Infantry Division (Mechanized) from June 2004 to December 2006. Thurman served as commander of Multinational Division Baghdad from January 2006 to November 2006. Lt. Gen. Ricardo Sanchez, V Corps' former commander, relinquished command Sept. 6 and retired from the Army. Maj. Gen. Fred D. Robinson Jr., 1st Armored Division commander, served as the acting commander of V Corps in the interim. (V Corps Public Affairs)

Retiree dies of illness

Walter Flierl, a long-time employee with the U.S. Army in Hanau, died after fighting a serious illness on Jan. 31. A memorial service was held Feb. 7 at the Bruchköbel Cemetery to remember Flierl, who worked for the U.S. Army for more than 46 years and last served as the chief of Internal Review for the 104th Area Support Group before retiring several years ago.

1st AD counselor is Army's best

Sgt. 1st Class Michael E. Beaupre, a 1st Armored Division retention operations noncommissioned officer, was named the best career counselor in the Army Jan. 24. Beaupre beat a field of 12 of the Army's best retention NCOs from throughout the Army. Beaupre will be recognized by the Secretary of the Army in Washington, D.C. (USAREUR Public Affairs)

Preparing for a move ... see pages 17 and 20

USAG Hessen's ICE forum



By Colin Garrett U.S. Armu Garrison Hessen Interactive Customer Evaluation manager

Did you know that the Interactive Customer Evaluation program is an online program enabling you to comment on and rate the services you receive?

Go to http://ice.disa.mil, click "Europe" in the left "Army" column, click the location of the service you wish to rate or comment on, then click the group of service providers listed. If you cannot conveniently locate the service provider you want, click "show all service providers" at the bottom and you can see the service provider you want from the list shown. You can submit your rating and comment anonymously if you

If you want a response, enter full and accurate contact details in the space provided. You can help U.S. Army Garrison Hessen improve the services it provides by using ICE. Note that ICE is a program for you to rate or evaluate the services you receive. Comments submitted in ICE commenting solely on the personal qualities of your supervisor(s) and/or colleague(s) will be discounted and eliminated from the system.

The following are examples of questions received through ICE and responses.

Question: The Sexual Assault Program/Victim advocacy services at ACS have advocacy services and training. I don't know if it would fall under family or safety, but it is not listed.

Response: Ms. XXX was thanked for her initiative and an ICE site was added for this program.

Question: I am looking for a person in charge of Hanau Civilian Personnel Office, NAF division. Please provide me with the name, phone number and email address. Just please give me the name of a person in charge of this entire division, not a middle manager. Thank you.

Response: The customer was provided this information directly by email.

Question: I am newly assigned to Germany and we are living in a hotel. I just got my advance yesterday and I need to buy a used car (currently limited to the bus).

Your "online" paper does not show classified ads, and your vending machine in the Amelia Earhart Center, Wiesbaden, still only has the Oct. 12 edition (as of today, Nov. 4). Please put the classified ads online.

Response: We followed up on the empty box in Wiesbaden and made sure it was adequately stocked with newspapers. Last year we began running a low resolution version of the Herald Union online in addition to the regular pages which do indeed feature the classified and commercial advertisements. Visit our website at www. usaghessen.eur.army.mil/ hunion/hunionupdates.htm and click on the "entire issue in low resolution" button on the top left side of the page to view the entire issue complete with all advertisements.

Training, family time changes allow flexibility, predictability

By Gen. David D. **McKiernan**

U.S. Army Europe commander

recently changed U.S. Army Europe policy on physical training



and sergeant's time training. The intent of this change is to give commanders more flexibility in determining when to conduct training.

Physical training

All units will now conduct PT five days a week to improve physical fitness and ensure the combat readiness of our Soldiers and units. Properly executed PT is critical to increasing the overall combat readiness of the USAREUR formations that support combatant commanders.

Sergeant's time training

Although STT is still a valid training requirement units will no longer be required to conduct it on Thursday mornings. The time previously used for STT has been given back to unit commanders, which enables them to use the entire day to meet unit-specific require-

With this added flexibility commanders are now authorized to schedule STT according to their overall training strategy and to make the most effective use of available resources. Whenever STT is conducted, it must be properly planned, resources must be available, and the training must be executed to standard.

Soldier, family time

Giving Soldiers time off to spend with their families is an important part of our military culture. Our current operating tempo, however, often prevents Soldiers from taking advantage of the old policy, which allowed them to leave work at 3 p.m. every Thursday. For this reason I have changed the USAREUR policy on Soldier and Family Time.

The old policy has been replaced with one that gives as many Soldiers as possible the opportunity to spend time with their families. The new policy increases the number of training holidays so that Soldiers will have at least one four-day weekend every month.

Leaders' support

I ask leaders at all levels to support these new policies and ensure our Soldiers and their families understand the reasons why we are doing this: to give commanders more flexibility in conducting training and to give Soldiers and their families more predictability when it comes to spending time together.

Black History Month packed with anniversaries, remembrances

Every wonder why we celebrate Black History Month in February?

The story actually begins with Frederick Douglass. Despite his accomplishments as an abolitionist and publisher, like most people born into slavery, he never knew his birthday. So he invented one.

Because Douglass knew he had been born in the teens, he chose 1817 as his birth year. And because he remembered that his mother called him her "little valentine," he chose Feb. 14 as his birth date. In 1926, when Dr. Carter G. Woodson founded Negro History Week, which became Black History Month in 1976, he chose the second week of February in Douglass's honor.

While February may be the shortest month of the year, its days are packed with important anniversaries and remembrances, particularly for African-Americans, from the presumed birthday of Frederick Douglass on Feb. 14, 1817, to Nelson Mandela's release from prison on Feb. 11, 1990.

Within February's four short weeks are the anniversaries of the Montgomery bus boycott arrests (Feb. 22, 1956), the ratification of the 15th amendment guaranteeing that race would not prevent a man from voting (Feb. 3, 1870), the Greensboro, N.C., Woolworth lunch counter sit-in (Feb. 1, 1960). Abraham Lincoln's approval of the 13th amendment abolishing slavery (Feb. 1, 1865) and opera star Marian Anderson's birthday (Feb. 27,

This is why the original weeklong observance became a month in 1976 — a time to mark the considerable contributions of African-Americans to the fabric of the United States.

The theme of this year's Black History Month is "From Slavery to Freedom: the Story of Africans in the Americas.' What story do you have to tell? (Courtesy of the U.S. Army Garrison Wiesbaden Equal Opportunity Office)

Herald Union masthead

The Herald Union is an authorized unofficial Army newspaper published under the provisions of AR 360-1 for members of the U.S. Army Garrison Hessen. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Hessen Public Affairs Office. No payment will be made for contributions. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly publication printed by AdvantiPro GmbH. Our office is in Building 1205 on Hanau's Yorkhof Kaserne. Circulation is 10,050 copies. For commercial and classified advertising rates call Susanne Daugill at civ (0631) 3033 5537 or email suzie@advantipro.de. Address: USAG Hessen, Herald Union, Unit 20193 Box 0001, APO AE 09165-0001; Telephone: mil 323-3257; civ (06181) 180-3257; Fax: mil 323-2149, civ (06181) 180-2149; Email: 104heraldunion@104asg.army.mil; Home page: www.usaghessen.eur.army.mil.

Command and newspaper staff **USAG Hessen Commander**.....Col. Herman "Tracy" Williams III

USAG Hessen Command Sergeant Major....CSM Jose A. Fontanez Public Affairs Officer..Raino ScharckKarl Weisel (mil 323-3257) Editor. Associate Editor. .Susan Huseman (mil 323-2134) USAG Wiesbaden Reporter.......Cassandra Kardeke (mil 337-5772) USAG Baumholder Reporter... .Ignacio Rubalcava (mil 485-6191) USAG Giessen Reporter. .Alexandra Williams (mil 343-6597) Hanau Community Reporter........Dennis Johnson (mil 323-2137)

News and features



Photo by Dennis Johnson

Shock and awe

Chicago Bears and Indianapolis Colts fans react as Chicago scores a touchdown on the opening kickoff of the Super Bowl at the Hessen Bowl in Hanau Feb. 5. The football fans enjoyed an evening of special events at the center as the Colts beat the Bears 29-17. "This is the highlight of the year for us. We watch the game together every year. We've watched it at Giessen and Friedberg. Now we're doing it in Hanau this year," said Charlie Molnar (right), an Army civilian and former military member.

Private organizations

Group leaders advised to follow steps to recover funds, return property

By Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

With communities getting ever smaller in U.S. Army Garrison Hessen as Soldiers and their families move on through Army transformation, many private organizations are preparing to close up shop.

"We want to assist them in any way we can to ensure they don't have any open bank accounts, real property or fixed asset property if they decide to dissolve," said Michael Heffernan, USAG Hessen Financial Management Division chief. "We want to assist or inform them of the methods to use to properly dissolve."

Organizations such as spouses clubs, thrift shops, chapel groups, Veterans of Foreign Wars and other groups that are registered private organizations operating within the garrison are required to follow specific procedures to ensure they recover any funds they may still have in local community bank accounts and to properly dispose of any office space or equipment.

"We maintain files on all of the private organizations," said Heffernan, explaining that it is in the best interest of the members of the organization to take the proper steps.

"If the members of an organization determine it's in their best interest to

dissolve, they should notify the garrison commander through their Directorate of Community Activities indicating that they intend to dissolve and the date when they will cease to exist.

"Each community has a staff member in the FMD shop who can assist them," he added.

"It's their money," he added, pointing out that in the past sometimes people would move on without ever taking the steps to dissolve the organization. "We've had people in the past, such as the organization treasurer, simply get up and leave without having anyone available to recover the money from the bank."

With USAG Giessen and the Hanau Community bidding farewell to large portions of the population in the near future, Heffernan advised any members of private organizations nearing closure dates to contact the responsible party in their community for assis-

In the Giessen/Friedberg/Butzbach communities call Bill Joliffe, FMD cell chief for USAG Giessen, at mil 343-8620 for more information.

Members of private organizations in the Hanau Community planning to dissolve their organizations can call Shantee Thomas, private organization coordinator for the Hanau Community, at mil 322-5916 for further details.

News flash ... News flash

Free online tax filing

In addition to local Tax Centers. Soldiers and their families have another free option for filing income tax returns. The Defense Department's Military OneSource family support program offers free, online tax preparation and filing for active duty service members, National Guardsmen, Reservists and their families. Filers who use Military OneSource's online system can expect to receive their refund within 10 days. Visit www.militaryonesource.com for more information. (ARNEWS)

Army journalists recognized

The staff of the Herald Union garnered a host of awards for their work in the Installation Management Command Europe-level of the Army's 2006 Keith L. Ware Journalism Competition. The awards honor the memory of Maj. Gen. Keith L. Ware, former Army chief of public affairs who received the Medal of Honor in World War II and was killed while commanding the 1st Infantry Division in Vietnam in 1968. Herald Union associate editor Susan **Huseman** took first place in the Commentary category, second place for her Sports writing, first place in Story Series and second place as the Moss Holland Civilian Journalist of the Year.



U.S. Army Garrison Baumholder writereditor/webmaster Ignacio "Iggy" Rubalcava earned a

third place in the Stand-Alone Photograph category. The newspaper's editor, Karl Weisel, took first place in the Sports article category and first in the Graphics category. Contributing writer Kelly Deichert claimed first place in the Contribution by Stringer category. The Herald Union also earned first place for its online edition of the newspaper and second place in the Special Achievement in Print Media category. Several 1st Armored Division and 3rd Corps Support Command Soldiers and civilians were also winners in the U.S. Army Europe-level Keith L. Ware competition. 1st AD's Sgt. Sam Smith and Sgt. Ken Hall tied for first place in the News story category; 3rd COSCOM's Jerry Bryza took second. 1st AD's Spc. Alfredo Jimenez Jr. was first in Features, Hall was second and Spc. Tanya Polk took third. Jimenez also earned first place in the Sports category. Polk was first in Stand-Alone Photograph and Smith was third. 3rd COSCOM's Sgt. Mary E. Ferguson took first in the Photojournalism category and was named USAREUR's Military Journalist of the Year. Bryza also earned first-place honors in the Television Graphics Production category. 3rd COSCOM's The Sustainer was first in the Magazine category, followed by 1st AD's Ironside Magazine. The Sustainer also earned first place in the Special Achievement in Print Media category. 1st AD's 2nd Brigade Combat Team Striker Torch earned first place in the Field Newspapers category and 1st AD also took first in the Web-based Publication category. First-place winners advance to compete at the Army level competition to be held later this month. (IMCOM-Europe/ USAREUR Public Affairs)

Newman's Own awards

Newman's Own, the Fisher House Foundation and Military Times Media Group invite volunteer organizations that serve military families to compete for a share of \$75,000 in grants. Volunteer organizations are asked to present an innovative plan to support military families. The plan garnering the most votes from the judges will earn \$15,000 to put that plan into action. Judges will divide the remaining \$60,000 among other selected groups. Nominations must be postmarked by May 18. Instructions and eligibility requirements are available at www.fisherhouse.org. (American Forces Press Service)

Surviving Iraq

A new handbook on how Soldiers can survive their first 100 days in Iraq is available at https://call2.army.mil/ new/toc.asp?document=2393. The "Soldier Handbook: Surviving Iraq" educates Soldiers on how not to become complacent to potential dangers and to be mindful of resourceful enemies who closely observe U.S. tactics to adapt their attack strategies. It will be made available in paper format this month, officials said. (ARNEWS)

Black History websites

This year's Black History Month theme is "From Slavery to Freedom: Africans in the Americas." Find out more about the African American experience and struggle for equality on just a few of the many available websites: www.pbs.org/wnet/aaworld/ index.html, http://creativefolk.com/ toolkit/home.html or www.cr.nps.gov/ aahistory. (Courtesy of Barbara Hickman, Hainerberg Elementary School principal)

News and features

Norovirus

Continued from page 1 school community or other outpatient clinics in the Kaiserslautern area," said Dr. (Lt. Col.) William Corr, preventive medicine consultant for

the Europe Regional Medical

The norovirus made news in the United States in December when Indiana health officials blamed it for an outbreak among nearly 400 patrons of an Olive Garden restaurant outside Indianapolis. More than 380 passengers and crew members aboard Royal Caribbean's "Freedom of the Seas" were sickened by the norovirus during a November cruise. In Montreal, Canadian newspapers reported an epidemic of viral gastroenteritis spread to at least 29 healthcare institutions across Montreal, making it the worst of its kind in a decade. In late January more than 300 British army recruits came down with a se-

Tracking system

vere form of gastroenteritis.

The U.S. Army Center for Health Promotion and Preventive Medicine-Europe uses a computerized tracking system for early notification of community-acquired outbreaks. The system showed a spike Jan. 16, with 23 visits to clinics in the Heidelberg and Bavarian areas. Since Jan. 16 the rates dropped to normal. The relatively low numbers may be attributed to the fact that Soldiers and family members live and work in gated communities, said Corr.

Norovirus is a group of viruses that cause flu-like symptoms, according to the U.S. Centers for Disease Control and Prevention. It spreads through contaminated food or liquids, contaminated surfaces or direct contact with someone who is infected. Viruses are very different from bacteria and parasites, some of which can cause illnesses similar to norovirus infection. Like all viral infections, antibiotic medication does not cure patients affected by noroviruses.

Norovirus symptoms usually include nausea, vomiting, diarrhea and some stomach cramping. Sometimes people additionally have a low-grade fever, chills, headache, muscle aches and a general sense of tiredness. The illness often begins suddenly, and the infected person may feel very sick. In most people the illness is self-limiting with symptoms lasting for about one or two days. In general, children experience more vomiting than adults do. Most people with norovirus illness have both of these symptoms.

Avoid infection

Noroviruses are found in the stool or vomit of infected people. People can become infected with the virus in several ways, including:

- Eating food or drinking liquids contaminated with
- ◆ Touching surfaces or objects contaminated with norovirus and then placing their fingers in their mouth;
- → Having direct contact with another person infected and showing symptoms (for example, when caring for someone with illness or sharing foods or eating utensils with someone who is ill).

Persons working in day-care centers, barracks or dining facilities should pay special attention to children, employees, Soldiers and patrons who have the norovirus illness. This virus is very contagious and can spread rapidly throughout such environments.

Noroviruses are very contagious and can spread easily from person to person. Both stool and vomit are infectious. Particular care should be taken with young children in diapers who may have diarrhea.

People infected with norovirus are contagious from the moment they begin feeling ill to at least three days after recovery. Some people may be contagious for as long as two weeks after recovery.

People may feel very sick and vomit many times a day, but most people get better within one or two days, and they have no long-term health effects related to their illness.

"The best thing to do to stop the spread of norovirus is to wash your hands. Hand washing is the best way to keep from getting sick," said Corr. (Courtesy of the Europe Regional Medical Command Public Affairs Office)

USAG Hessen blotter

Compiled by the U.S. Army Garrison Hessen Directorate of Emergency Services

Jan. 22

Hanau: An NCO was charged with larceny of NAF property (POL items-less than \$100) after the NCO fueled his car with 57 liters of gasoline valued at \$39 and left without paying for the gasoline.

Jan. 23

Wiesbaden: An NCO was charged with owning an unregistered vehicle and failure to obey a general order after Military Police observed an expired registration decal on his

lan 24

Giessen: A Soldier was charged with assault consummated by a battery after he became involved in a physical altercation when he waved his walking cane in a threatening manner toward an NCO. A second Soldier intervened and was choked by the subject.

Baumholder: A Soldier was charged with making a false, official statement after the Soldier gave a statement which he knew to be

Jan. 26

Baumholder: A Soldier was charged with traffic accident with damage to private property and improper backing after the Soldier backed up and struck a car.

Wiesbaden: A Soldier was charged with drunken driving after the German police conducted a traffic check and administered a breath test, which he failed.

Wiesbaden: An NCO was charged with assault consummated by a battery and cruelty of subordinates after the NCO and a Soldier were involved in a verbal altercation that became physical when the NCO placed his hands around the Soldier's neck and slammed his head onto a wooden desk.

Jan. 29

Baumholder: An NCO was charged with traffic accident with

damage to private property and speed excessive for conditions after the NCO while operating a privately owned vehicle, tried to avoid a deer and ran off the road into a

Jan. 30

Baumholder: A Soldier was charged with personnel action fraud-effecting an unlawful enlistment and false official statement submitted to a personnel activity after an investigation determined that the subject gave a statement he knew to be false when he denied using cocaine in his enlistment

Jan. 31

Wiesbaden: A NCO was charged with assault consummated by a battery, damage to government property and domestic violence after the NCO and his spouse were involved in a physical altercation. The NCO grabbed his spouse by both arms to restrain her which resulted in a deep laceration on her forehead. The spouse then went inside her quarters and closed the glass door behind her. The NCO broke the glass with his elbow.

Hanau: A Soldier was charged with traffic accident with damage to private property and inattentive driving after the Soldier collided with another car.

Feb. 2

Wiesbaden: After a unit urinalysis a Soldier was charged with the wrongful use of a controlled substance (marijuana) after the Soldier tested positive for THC.

Feb. 3

Baumholder: An NCO was charged with drunken driving after a Pond security guard detected the odor of alcohol. The subject failed an intoxilyzer test.

Baumholder: A Soldier was charged with being drunk on dutyunable to perform duties after the Soldier failed a command-directed intoxilyzertest





News and features

Cav inactivation draws range of emotions

U.S. Army Garrison Hessen Public Affairs Office

Sabine Schmück said she opened the morning paper Feb. 8 to learn the job she's held for the past 18 years would soon be coming to an end.

"The German papers said the [1st

Squadron, 1st Cavalry Regiment] Soldiers would be going away this summer." said Schmück, who has worked as a barber Armstrong Barracks in



Schmück

Büdingen since 1989. "They said the Soldiers will be gone by Aug. 15 and the post will be handed over to the Germans in 15 to 18 months."

In another round of transformation actions U.S. Army Europe announced Feb. 8 that the 1st Squadron, 1st Cavalry Regiment, located in Büdingen would inactivate this summer. Local county and city officials were notified

U.S. Army Garrison Hessen officials.

"We're shock. It's only been 24 hours since we found out," said Marion Longhi, who also has cut hair at



Armstrong since 1989. "Half of our lives have been spent with the Army now we will have to go to the German side."

Even those who work for the area support team were surprised. Mary Preston, AST administrative assistant, has worked at Armstrong Barracks since 1987, the year 1-1st Cav moved to Büdingen. "I've heard Büdingen is closing for the past 14 years but there was never talk of inactivation of the troops here," she said.

"There were rumors from Soldiers since before Christmas, said Preston. "They said after gunnery they'd be leaving. I thought they were just talking."

Büdingen without Cav Soldiers is

unthinkable, she said. Preston's father was stationed in Büdingen from 1955 to 1958. "As a child you'd see the tanks going through the town. The Soldiers would throw us candy, peanut butter and crackers from their rations. Even now when we railhead you don't hear complaints from the Germans. They say, 'oh, the Soldiers are going to the

"There have been a lot of rumors, said Keylah Bonebrake, an Army Community Service employee and military spouse who has lived in Büdingen for seven years. "It definitely was not unexpected. This year there were a lot of indicators. You could tell that this was

Not everyone is ready to leave Europe and head for the States, she said. "The spouses and families want to stay so they can explore Germany because it is a beautiful country," Bonebrake said.

That includes Jennifer Thompson. "I'm kind of sad to see the squadron closing down," she said. "Büdingen is a wonderful community but all of us would be moving eventually. It's kind of exciting. We're hoping to stay here

"Of all of my assignments, Büdingen, by far, was the best not only for the great location, but for the sense of family found in a small community," said former 1-1st Cav Command Sgt. Maj. David Davenport, who was assigned to the unit from June 2001 to December 2006.

The relationship with the city was probably the last of its kind in all of Europe, he said. "I do believe that the loss of the Cav unit will not sever that relationship. For many years to come

Soldiers like me will return to visit the town and tell stories Fasching, spur rides and the chariot races on the parade field. When they come, I am confident that there will be someone from the



Preston

Büdingen community to welcome them back, share their stories and ask them to return again."

Transformation

Continued from page 1

vert to a modular multifunctional medical battalion.

A Town Hall Meeting Feb. 11 at Büdingen's Armstrong Barracks addressed issues of concern. Leaders from 1st AD and USAG Hessen, including Maj. Gen. Fred D. Robinson Jr., 1st AD commander, and Col. Herman "Tracy" Williams III, USAG Hessen commander, were on hand to answer transportation, housing, medical, school and other questions from Soldiers and family members.

The Cav Soldiers have been in Grafenwöhr since the beginning of February for a gunnery exercise. They returned to Büdingen Feb. 10 for the Sunday meeting and were headed back to Grafenwöhr shortly after it concluded, said Lt. Col. Matthew McKenna, 1-1st Cav squadron commander.

"I know, because of the spirit of this squadron, that no one feels good about the flag being folded on Blackhawk," said Robinson, to more than 1,300 Soldiers and family members.

All Soldiers will receive their new assignments by June 1, said Robinson. "I will anticipate that within the next 30 days some of you will already be getting assignment structures. In 60 days the majority of you should be getting assignment structures."

Families with school-age children will be a priority, he said. "There's a narrow window here because of the summer move. We've got to make sure we give you the opportunity to finish school, get you moved and get you wherever you're going to be by the start of next school year.

"Critical services such as medical, dental, personnel services, finance — all those will stay until the last Soldier's family leaves," Robinson said. There will be changes to the PX and commissary as



Photo by Dennis Johnson

A family member takes notes during the Büdingen Town Hall Feb. 11.

the unit begins to draw down, he added. "As we get down to the last handful (of Soldiers) the hours will probably decrease, but we'll keep them. It will change some, but you will be involved in the change. We'll do what's right."

Robinson spelled out where Soldiers and families can expect to move. Those on an accompanied tour with less than 12 months until their DEROS at the time of the move can expect to go to the continental United States, he said.

"If you have 12 months or more, generally it means you're going to move within Europe," he said. "It's different for each MOS; it's different for each

"Let us know where you want to go. If you don't let anybody know where you want to go, then don't complain about where you're sent," he said.

Most Soldiers will depart in June and July. Single

Soldiers may leave as early as April or as late as August, he said. The facilities will be turned over to USAG Hessen on Aug. 15.

Robinson advised families and Soldiers to make sure they have passports, visas, Exceptional Family Member Program screenings and pet shots up to date. Dual married couples should make sure they are enrolled in the Army Married Couples Program.

"Half of what I'm here for today is to show you my commitment that we're going to take care of you,' said Robinson. "Look across your situation and let us know if there is something we need to do, because of timelines and other concerns, to set the conditions for a good move and for you to feel good about your new assignment. ... We will figure it out.'

The general opened the floor for questions from the audience. Questions about notifying landlords, moving pregnant spouses, retirements, home schooled children, ETS dates, child care, transportation and requests for specific assignments were addressed.

During the question and answer period the general pledged to set up an outprocessing center in Büdingen instead of requiring Soldiers to drive to Hanau. This got a round of applause from the audi-

"Gen. Robinson answered all the key questions to minimize any concerns family members may have," said Sgt. Corey Swanson of Bandit Troop. "I'm sure there will be hiccups along the line. It's going to be a big job, but it's been part of the plan for many years."

"I can't thank you enough for your service — not just the Soldiers but the families," said Robinson. "We will get through this; I'm committed to it; the staff is committed to it." (Some information courtesy of a USAREUR Public Affairs Office Release)

After-school clubs teach more than fun at Hainerberg ES

U.S. Army Garrison Hessen Public Affairs Office

When the Monday dismissal bell rings at Hainerberg Elementary School Hailey Buller, Mercedez Grant and Kayla Westbrook don't head home. Instead they scramble to Gloria Stephens' first-grade classroom for an afternoon session of knitting.

Stephens sponsors the Traditional Handicrafts Club, one of several afterschool clubs offered at the school.

"Our after-school clubs give the children a chance to learn an extracurricular activity or skill instead of watching TV or playing video games," said Wanda McKinzy, the assistant principal at the school. "Some enhance learning. Children do better in school when they are involved with extracurricular activities. It helps develop a sense of belonging; the students connect with the teachers; they build interpersonal skills. A lot of positive things come out of the after-school clubs.'

This semester students can choose from clubs such as after-school reading, geography, beautification, literacy, German, jogging and choir, said

Stephens said she is thrilled with the level of participation in the club. "I didn't expect a turnout at all," she said. "I had 50 children show up for the first meeting. Since then more students have followed," boys included.

At the first meeting Stephens set up a number of workstations with various craft activities to include candle making, ornaments, photo frames. "Overwhelm-

ingly, they wanted to knit," she said.

Stephens, who has knitted since the

first grade, said she plans to involve the students in knitting for charity. "The children can make blankets and caps for newborns," she said. "I'm watching to see how many stick with it. In another month or so we'll have 12-15 good knitters, and they should be able to handle a pattern." As the students' skills progress she intends to teach purling and crocheting as well.

Club members find themselves meeting at lunchtime in Stephens' classroom to work on their projects. "I plan on making a scarf and maybe a blanket of different colors," said Kayla Westbrook, 11. "Before I moved to this school my grandma taught me how to knit, but I forgot how."



Hailey Buller (left) and Kelly Guess, both 10, work on their knitting projects during lunch recess Feb. 1 at Hainerberg Elementary School. The girls belong to the after-school Traditional Handicrafts Club. The club members voted to learn how to knit, crochet and purl.

"It's kind of quick once you get the hang of it," said Katelyn Clapp, 10. "I even crocheted my shoelaces," added Mecedez Grant, 10.

A club for recyclers

Focus on Hainerberg 🥼

Elementary School

While the knitting group looks to create beautiful objects, the Beautifica-

> tion Club looks to teach students about recycling, keeping the earth

clean and beautiful, said teacher-sponsor Lynn Wheeler-Sahm.

"Our big objective is going around the school and collecting the paper in the recycling bins," said Wheeler-Sahm. "We organize ourselves so that each team does a hallway."

The club's efforts are measured by how many containers they pick up. "We notice more people are recycling because we're filling up more containers," she said.

The club focus is not just about recycling. "Hopefully we'll be planting flowers in the spring," Wheeler-Sahm said. "The students are very enthusiastic; they are a wonderful group of children."

In an interesting twist the school's after-school Reading Club requires children to attend with a parent.

"The purpose is to encourage family togetherness and to teach parents how to choose the right book for their child," said Kitty Ochoa, Hainerberg Elementary School media specialist. "Children who are read to always do so much better academically. And it makes it more important to the child when the parent is here."

"We're very busy here on Wednesday afternoons," she said. "We usually have 60 to 80 people. About 8,000 books a month are checked out during the after-school program."

The school library is perfect for children, Ochoa said, because it boasts more than 17,000 books for elementary school-age children and 24 computers.

Andrea Jackson, mother to secondgrader Alisha and third-grader Sabrina, is a big fan of the program. "Reading is important," she said. "I want to see the books my children check out. I want them to take the Reading Counts tests. In class they can only do one or two; here they can take many more."

School bits

Last chance for survey

Parents of students in grades four to 12 are invited to take the DoDEA Customer Satisfaction Survey through Feb. 28. Log on to www.dodea.edu and click on the link.

Speakers needed

The Real World program at Heidelberg Middle School seeks vocational, information technology and religious career speakers for a workshop March 4 from 4-6 p.m. Contact Juanita Harvin at realworld @eu.dodea.edu.

Aukamm ES calendar

Aukamm Elementary School Parent Teacher Association sponsors a "Join Your Children for Lunch" Week through Feb. 17. Volunteer readers are needed for Read Across America Day March 1. Science Week will be held March 26-29. Volunteers are needed. Contact Cackie Howe at fletch67@ greennet.de.

Find scholarships online

For scholarship opportunities such as the Wiesbaden Community Spouses Club, Maj. Gen. James Ursano and Kaiserslautern American German Business Club scholarships visit https://204.218.241.60/ scholars.nsf.

Wetzel ES calendar

Students will be released at 11:01 a.m. Feb. 16 for teacher collaboration. A Continuous School Progess meeting will be held Feb. 20 at 2:15 p.m. Parents are invited. There will be no school for students March 16 for a complex in-service day.

Upcoming school holidays

Feb. 19, President's Day, is a school holiday. Spring break is April 9-15. The Memorial Day holiday is May 28.

DeCA scholarship deadline

Deadline to apply for the 2007 Defense Commissary Agency scholarship is Feb. 21. Applications can downloaded at commissaries.com or militaryscholar.org.

Sports physicals for Bucs

Appointments for sports physicals can be made for Feb. 26 and 28, March 6-7 at the Baumholder Medical Clinic. Call civ (06783) 6-8080.

Hainerberg happenings

Feb. 16 is a kindergarten planning day. There will be no school for kindergartners. March 1 is Read Across America Day. March 2 is Portfolio Conference Day. There will be no school for students.



Page 6

Community mourns Soldier

By Anemone Rueger U.S. Army Garrison Wiesbaden Public Affairs Office

Community members filled the Hainerberg Chapel Jan. 26 to bid farewell to a much beloved Soldier.

"He was never so far that you couldn't feel his love," said Sgt. Joel Wyatt with tears as he recounted the life of his friend and mentor.

Sgt. 1st Class Derrick K. Brent, father of three sons, died Jan. 3 of heart failure at age 42.

"When I first arrived, he took my family under his wing," said Wyatt.

Another Soldier memorialized the relationship he shared with Brent.

"He was a great friend; my best friend; a true friend," said Chief Warrant Officer 4 Jesse Woods

A family friend remembered him as a considerate and purposeful friend.

"Who else would invite all his friends for his son's first father's day," said Debbie Hurley. He wanted to celebrate with his entire military family; but the other reason was that he wanted to give children whose fathers were deployed a place to celebrate, she said. "Derrick chose to live a life that matters, and for that we should all be grateful.'

Brent's last assignment was with 1st Armored Division's G4, where he served as the deputy logistics planner and as a senior inspector for the division's Maintenance Assistance and Instruction Team.

"He was such an integral part of us that it is hard to imagine things without him," said Lt. Col. James Kinkade,

G4, 1st AD, adding that it took five people to take up the work Brent had been do-

Having praised

Brent as a hard worker, Kinkade focused on the impact he made.

"He made a difference as he lived and worked with us," said Kinkade. "Every single person in my office had a story on him. Those who loved him know that in truth he is still with us. His smile will be with us; and as we've heard him say so many times 'Drive on, Airborne, drive on."

Brent was born in Chicago, Ill., and enlisted in the Army in 1984 after attending Jackson State University where he majored in music. In his 22year military career he participated in several contingency operations that included deployments to Iraq, Afghanistan, Honduras and Nicaragua.

"Sgt. 1st Class Brent was a man of unyielding dedication," said Chaplain (Maj.) Peter Sniffin, 1st AD deputy division chaplain. That was

"Those who loved

him know that in

truth he is still with

us. His smile will be

with us..." - Lt. Col.

James Kinkade, 1st

Armored Division G4

proven to him on a cold day in November during Iron Strike II. Despite a painful knee, Brent kept

a smile on his face the entire time.

Sniffin, who was with the family at the time of Brent's death, said he had never seen a woman better represent her husband than Brent's wife, Renee.

"Your love for your husband filled the room, and fear was absent."

Before the salute was given and hundreds paid their re-



Photo by Anemone Rueger

A fellow Soldier pays respect during a memorial service for Sgt. 1st Class Derrick Brent who died of heart failure Jan. 3.

spects, Sniffin reminded the audience with a message from Psalms that death didn't have the last word over Brent as his

life had been entrusted to the Great Shepherd.

"This is his victory," Sniffin said.

Parking, security top AFAP issues

By Chrystal Smith U.S. Army Garrison Wiesbaden Public Affairs Office

All military communities have specific issues. The medium for getting these issues the attention they warrant is the Army Family Action Plan.

The annual AFAP Conference convened in the Community Activity Center at Wiesbaden Army Airfield Jan. 31 and Feb. 1 to discuss and validate issues brought up within the community over the past year.

"The conference is a forum where we come together to see what's not working; but through collaboration determine how we can fix it," said Frederica Norman, AFAP program manager.

More than 35 volunteers were delegated to represent local demographic areas and then split into four groups to tackle 58 issues from the community.

This year the delegates dealt with issues such as force support, force security, family support, services and youth concerns. The delegates selected specific issues that impacted well-being, recommended solutions and presented them to command leadership at the conclusion of the conference.

Youth concerns from the high school and middle school included the lack of area transportation for youths for attending extracurricular activities and unlocked doors on abandoned buildings in the housing areas.

Other concerns pertained to the fitness center, the thrift shop, reserved parking, excessive speeding through housing areas, inadequate security in the barracks and the Directorate of Public Works' response time on housing matters.

"Any impact will make an impact — whether small or large," said Spc. Robert Mares, 159th Medical Company wheel mechanic.

A youth's confidence in the system seemed restored, as Laura Kelly, Wiesbaden High School student, said she felt there was more of an impact made this year due to the presence of a youth group.

All issues that can be resolved locally will get action from the garrison, but issues that require higherheadquarters' authorization will be forwarded to the appropriate author-

Be sure to pick up the March 1 issue of the Herald Union for a detailed list of all issues brought forth for this year's



AFAP conference.

Issues and their resolutions will also be available on the garrison website at www. wiesbaden.army.mil.

USAG Wiesbaden – Dexheim, Wackernheim, Wiesbaden

Baseball pro shares expertise with youths

Former White Sox catcher visits Wiesbaden

Story and photos by **Carole Mann**

U.S. Army Garrison Wiesbaden Public Affairs Office

former major league Abaseball player gave children in the Wiesbaden community a chance to learn the fundamentals of the game.

About 45 young ballplayers attended Matt Merullo's baseball clinic at the Wiesbaden Fitness Center on Wiesbaden Army Airfield Feb. 4.

Merullo, 41, was drafted in 1986 by the Chicago White Sox and began playing in the major leagues in 1989. He was a catcher for the White Sox for seven years, retiring in 1995 after three elbow surgeries.

Merullo began a new career hosting baseball clinics for children as young as age 5 and adults up to 25 years old. He is also a talent scout for the Arizona Diamondbacks.

"I can't believe we had a major league baseball player as our teacher. It was fun," said Noel Paraan, 10.

When Merullo was asked to teach a clinic in Wiesbaden he said he jumped at the opportunity since it was a chance for him to give something back to military families for their services and sacrifices.

"If I can help you guys help the players, it's a win-win situation," said Merullo.

"I learned how to hold the ball to pitch," said Stefan Pecora, 12.

Merullo taught fundamental skills such as throwing, pitching, fielding and base running but emphasized the importance of having fun.

"The basic offensive and defensive plan is to enjoy the game and to have fun and to play the game like it may be the last time you step on the field," said Merullo.

"Today I learned how to hit a lot better and I made lots of new friends," said Bailey Willis, 9.

Merullo demonstrated how to stay loose, be quick, react as a hitter and throw the ball. Everyone learns by copying, he said, and "the most important thing for a child is to see and demonstrate."

Merullo talked to the children about his professional experience and showed them the World Series ring he received for being a scout for the Arizona Diamondbacks in 2001, the year they won the World Series.

"The clinic is another step in the right direction for Wiesbaden baseball. Matt tailored the instructions to everyone's skill level and the kids learned fundamentals and skills to take them to the next level," said Bruce Carson, a local Wiesbaden coach who attended the clinic

The children learned a lot and are now even more excited for spring to come so they can demonstrate some of the new skills they learned, officials

Registration for baseball

and other spring sports is ongoing throughout the month at Wiesbaden Child and Youth Services Central Registration Office, located on the second floor of Building 7790 in Hainerberg Housing.

For information on what sports are available, call the YS Sports Office at mil 335-5133 or civ (0611) 408-0133.



Zachary Byerly gets a fundamental lesson to improve his baseball skills from Matt Merullo, former major league baseball player, at the Wiesbaden Fitness Center.



A youth watches as another youngster practices batting at a baseball clinic hosted by former White Sox catcher, Matt Merullo.



Matt Merullo, former catcher for the Chicago White Sox, shows the proper posture when batting during a baseball clinic at the Wiesbaden Fitness Center Feb. 4. Having retired in 1995, Merullo now hosts baseball clinics for youths and adults around the world and serves as a talent scout for the Arizona Diamondbacks.

Community news notes

Reduced banking hours Feb. 21

The Community Bank at Wiesbaden's Hainerberg Shopping Center will have reduced hours Feb. 21 during a quarterly training session. Hours of operation will be 12:30-4 p.m. only. The Community Bank on Dexheim's Anderson Barracks will only be open from 2-4 p.m. that day and the McCully Barracks bank Wackernheim will be closed all day. The Community Bank at Wiesbaden Army Airfield will have normal hours - 9 a.m. to 4 p.m.

Open studio time

Römer Art Center offers open studio time to allow artists to express themselves through drawing, pastels, watercolors, acrylic paint and more. Cost is \$10 with materials or \$5 for those bringing their own supplies. Free instruction and guidance is available from 6-8 p.m. Thursday. All skill levels are welcome. Call mil 337-5722 or civ (0611) 705-5722 for more information

Housing allowance survey

All military service members stationed in Germany are encouraged to take the annual Overseas Housing Allowance Utility and Move-in Expenses survey to help the Department of Defense review OHA allowances. The survey is only available for service members residing in privately leased quar-





0611-840303

Wielandstraße 7 • Wiesbaden Free Parking • English Spoken



Photo by Carole Mann

Kids Mentoring Kids

A group of high school students perform for Child and Youth Services as a part of the Kids Mentoring Kids program that began earlier this year. The band, Joy Send, has been performing together for four months. Band members are (from left) Anna Frassman, Seger Marion, Michael Gompers and Andrew Cooke. Earlier performances include Warrior Cheerleaders, the Warrior's Drumline and a saxophone player.

ters and receiving OHA. The survey is open until Feb. 28 and is available at https:// www.perdiem.osd.mil/oha/survey/feboha.html. To prepare for the utility portion, members should collect their actual bills or records of utility and maintenance expenses for the past 12 months. For the movein portion, members should save all receipts for expenses incurred when moving into their privately leased quarters.

Soldier input needed

U.S. Army Garrison Wiesbaden Better Opportunities for Single Soldiers meetings are held at 3 p.m. every first and third Wednesday of the month. The Wiesbaden BOSS Center is located in

Building 1052, next to the entrance of the AAFES Military Clothing Sales Store. Single Soldiers are encouraged to talk to their chain of command about becoming a BOSS representative. All single Soldiers are welcome to attend a BOSS meeting at any time. For more information call mil 335-5466 or civ (0611) 408-0466.

Fitness certification

The Wiesbaden Fitness

The Confessional Lutheran Christian **Ministry Welcomes You!**

2nd & 4th Sundays at the Wicker Gemeindehaus. Serving the Frankfurt, Wiesbaden, and Mainz areas, Located just 5 minutes south of IKEA off the A66 Worship - 10:30

Sunday School/Bible Class - 12:00 Pastor Michael Schroeder E-mail: WELSChaplain@t-online.de Wisconsin Ev. Lutheran Synod

Center hosts several fitness certification courses from the Aerobics and Fitness Association of America throughout the month. Certification courses scheduled are Personal Trainer Feb. 23-25, Primary Group Exercise Feb. 23, Indoor Cycling Instructor Feb. 25 and

24. Courses have prerequisites and appropriate curricula. For more information call mil 337-5541 or civ (0611) 705-5541. To order textbooks call 001-800-225-2322, extension 277 or send email to felix @afaa.com.

Piano recital

Learn more about Römer Art Center's piano program during its Winter Dreams recital Feb. 28 at 7 p.m. For more information call mil 337-5722 or civ (0611) 705-5722.

Mommy and Daddy

Army Community Service offers a special class for fathers to learn the basics for newborn care. Feeding, handling, dressing, diapering and bonding will be demonstrated step-by-step, Feb. 28 from 1-4 p.m. at Wiesbaden Army Community Service. Moms can get their special class March 21 from noon to 2:30 p.m. To register call the New Parent Education and Support Program at: mil 335-5254 or civ (0611) 408-0254.





Auto Repair & Service

Fender bender? Ouch.

Don't tell us you're going to just leave it like that? Here is your service center in Wiesbaden area!

Auto Hollmann GmbH Hochheimer Strasse 111 55246 Mainz-Kastel / Kostheim Phone 06134-3381

Our mission...

GM Profi GmbH Call 06134-61692



Ford Service Center Ltd. Call 06134-210890



Call 06134-21710

To earn our customer's business for life by exceeding their expectations and delighting them with our service in Germany!

USAG Wiesbaden – Dexheim, Wackernheim, Wiesbaden

Imagination key to art education

By Carole Mann U.S. Army Garrison Wiesbaden Public Affairs Office

Aukamm Elementary School's art program teaches children that art can be fun, imaginative and educational.

George Kofus, art teacher, is new to the school but is a veteran when it comes to his experience teaching art to children. Kofas teaches children how to create inspiring projects using their imagination.

Fourth-grade student Mindy Guvercin, 9, learned to

Thai Kitchen Restaurant

(Thai House)

Original Thai Food

Great Taste

Patrickstrasse 32,

65191Wiesbaden-Bierstadt

Tel: 0611-5640237

Tuesday-Sunday 11:00-14:00,

17.00-23.00; Closed Mondays

LUNCH SPECIAL

with soup of the day

Tuesday-Friday 11:00 – 14:00

use her imagination in her paintings.

"You can be creative because you don't have to paint what you see, you paint what you want," she said.

Kofus not only teaches art during the school day but also offers an after-school art club once a week. The club consists of a group of hand-selected students who have a strong interest in art. Their projects are proudly displayed throughout the school.

five-foot, nine-inch handpainted Grimm Brothers mural created by his fourth and fifth-grade students.

"The kids did everything; it was kid-generated and their ideas," he said.

"Working on the mural taught me what the Brothers Grimm wrote about and what

Photo by Tamara Lopez

Fifth-grade students Kiera Ferguson and Sabrina Southerly work on an art mural at Aukamm Elementary School.

they did," said Shelby

Wienecke, age 9. "I liked drawing all the detail in the gingerbread house, like the candy," said 10 - year - old Molly Ferguson. "I also liked meshing all the stories into one scene."

Another major project the students have worked on is the restoration of a five-foot replica of the Neuschwanstein Castle, originally created by Kofus' students at Sportfield Elementary School in Hanau. Aukamm students inherited the project after the school closed last year.

"The castle's inspiration is based on Cinderella's castle and helps children think on visual terms," said Kofus.

The three-story castle is built of stone and the interior is meticulously decorated with curtains, rugs and furniture, and is illuminated with lights in every room. The castle was in need of major repairs as a result of the move. Kofus' art club students restored the castle by plastering, painting, adding stone and interior decorations.

"I liked working on the detail of the castle. The bathroom floor is tiled and there is also a real cuckoo clock at the top of the castle," said Rachel Hale, a fifth-grade student who joined the art club.

Kofus' students also participated in a school-wide contest to design a holiday greeting card which was displayed in front of the school. Secondgrade student Masy Kelly's snow scene design was chosen as the winner. Kofus' students worked on the card and Kelly painted the first stroke.

"I liked painting the snowflakes the best," said Kelly.



IN WIESBADEN

Old building with high ceiling, 3 bedrm, next to city, 190 sqm €1.600,-

> casa domani **REAL ESTATE**

Danzigerstr. 45, 65191 Wiesbaden

Tel. 0611-951560

We pick you up for a tour. Ask for Sonia.

www.casadomani.de

TASTE THE BEST OF GREECE

The "Fishrestaurant ARGO" offers you:

- fresh mediterranean grilled seafood
- large variety of meat dishes
- homemade starters
- imported greek wine
- comfortable atmosphere in the center of Wiesbaden (market place) Marktstr. 8 – 65183 Wiesbaden

PHONE: 0611-372 508

WWW.FISCHRESTAURANT-ARGO.DE



GRIECHISCHE KÜCHE

Chinese Restauran Straße der Republik 34

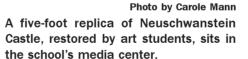
65203 Wiesbaden-Biebrich Tel: 0611-9600113 Fax: 0611-9600073

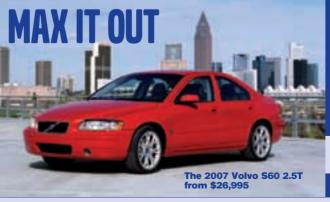
Mon to Sat: 11:30-15:00

& 17:30 - 24:00

Sun & Holidays: 11:30 - 24:00







<u> 'Performance Package"</u>

Premium Pkg. Sport Pkg. Climate Pkg. Active Bi-Xenon Lights.

PACKAGE PRICE US\$ 2,504.

SAVINGS OVER US-MSRP \$7,188

OFFER RUNS TILL 31 MARCH 2007

PLEASE STOP BY OUR OFFICE OR CALL TO ARRANGE YOUR TEST DRIVE.



(near Mainz-Kastel US Storage Station) Tel: 06134-258722 and 06134-284938



USAG Wiesbaden – Dexheim, Wackernheim, Wiesbaden

Present this voucher of IKEA Monthain or INEX. Present this voucher of IKEA Monthain or INEX. SVALUABLE COUPON SINISIDE PROPERTY OF THE PROP





www.luciasgiftshop.com | luciat901@agl.com

autohaus enders

The Only NISSAN Dealer in Wiesbaden

- Parts and Repairs
- Accident Repairs on all Cars
- Rental Cars
- U.S. Insurance Accepted
- 30 Years Experience with U.S. Spec Cars
- English Spoken

Visit us! Kreuzberger Ring 48 65205 Wiesbaden-Erbenheim Telephone (0611) 70 02 64 E-mail: ah_enders@t-online.de

Near Wiesbaden Air Base!



MARY KAY

COSMETIC

Now in Wiesbaden-Mainz 06136-814960 E-mail: nblodt@yahoo.de

Help wanted!

Help wanted at Lucia Gift Shop in **Mainz-Kastel**, apply in person or call 06134-287884 or 0177-5458146



PIZZERIA

MICHELSBERG 9 65183 WIESBADEN TEL: 0611-376838

FAX: 0611-9745480 E-Mail: info@ristorantesoledoro.de

www.ristorantesoledoro.de

Monday-Saturday 11:00-23:00 Sunday Closed



Ludwig-Wolker-Str. 12d · 55252 Mainz-Kastel Phone: 06134 - 287 218

ARE YOU LOOKING FOR A PRE-OWNED US SPECS CAR

QUALITY CARS, WARRANTIES, LOW INTEREST RATES, LOW OR NO DOWN PAYMENT, MILITARY INSPECTION GUARANTEED, AMERICAN SPECS, SEDAN'S, PICKUP TRUCKS, SUV'S, VAN'S

SOME OF OUR CARS STILL HAVE FACTORY WARRANTY WE ARE AMERICANS DOING BUSINESS WITH AMERICANS YOUR CREDIT DOES NOT HAVE TO BE SPOTLESS

VISIT OUR WEBSITE

WWW.MOTORCITY-USA.DE



Goldgasse 13 65183 Wiesbaden

Tel: 0611-373802

Hours: Sun-Thu 10:30-01:00 kitchen till midnight Fri-Sat 10:30-02:00 kitchen till 01:00

RISTORANTE PIZZERIA

Special Pasta Dishes

Italian & International Cuisine

Lamb, Veal, Steak, Fish, Meat English Spoken & English Menu Romantic Atmosphere





- TOP QUALITY PRE-OWNED GERMAN OWNED GERMAN SPECS. BMW'S.
- NO SALES TAXES
- TWO YEAR WARRANTY INCLUDING USAREUR INSPECTIONS.
- GUARANTEED IN-HOUSE FINANCING.
 REGARDLESS OF CREDIT.
- 3, 5, AND 7 SERIES BMW'S FROM \$2500 TO \$5500.
- ALL PRICES IN DOLLARS.
- ALL MODELS AVAILABLE
- HASSLE FREE ONE STOP FOR CAR BUYING, INSURANCE AND REGISTRATION

New York St. 17, 65189 Wiesbaden, Mobil 0178 - 269 2369, Office 0611-732-2747, e-mail:benz-beamers@t-online.de

Soldiers aim to clean up Baumholder

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

There's more to Soldiers than just going downtown and getting into trouble. That's the message the 2nd Battalion, 6th Infantry Regiment, wants to convey with a new community service initiative spearheaded by Staff Sgt. Marco Jesus, 2-6th Infantry BOSS representa-

The community service initiative is supported by Lt. Col. James Danna, 2-6th Infantry commander, and Command Sgt. Major Ronald Orosz, 2-6th Infantry command sergeant major.

"We are looking to improve the quality of life for the Soldiers and to build better relations with the community by helping the city with cleanup projects," said Jesus.

"Every weekend Soldiers are downtown, and some get into trouble. So we want to remedy that by providing them with something that will give them a sense of community ownership and belonging," said Jesus.

The first project took 24 Soldiers to the basement of Baumholder American Middle High School Jan. 24 where they cleaned and organized the school's basement.

Since 2-6th Infantry is the sponsoring unit for the high school, the BOSS members focused their efforts on helping out the school in some way. Jesus called the school and asked if they had any community service projects for members of the BOSS program. The response from the school was that they would like to have their basement cleaned out and organized.

The Soldiers showed up and began cleaning and organizing all the old books, furniture, electronic equipment, computers and filing cabinets.

Many of the items in the basement came from other Department of Defense Dependents Schools in Europe that have closed. Whatever the school didn't need was taken away to either be thrown away or recycled.

Initially scheduled as a four or five hour project, the cleanup was completed in less than two

"We had a large turnout of Soldiers so we were done quicker than we expected," said. Jesus. The Soldiers also



Photo by Ignacio "Iggy" Rubalcava

Soldiers from 2nd Battalion, 6th Infantry Regiment, arrange boxes and file cabinets in the basement of Baumholder American Middle High School.

removed several welding stations from the school's auto hobby shop during this time.

The cleanup project was the first in what Jesus hopes is a string of monthly projects around the community.

"This was our first major effort and we are looking to conduct community service projects such as this, not just at

the schools but all over post and also in the city," said Jesus.

"Our goal is to conduct one community service project a month, either at the schools, downtown, or wherever help is needed," said Jesus.

February's project will be off post and involves cleaning and maintaining the grave sites of American Soldiers buried at the Baumholder cemetery. The project is tentatively scheduled for Feb. 23.

"Projects such as this help keep them out of trouble and prevent them from messing up their careers. This also gives the Soldiers something to do and it provides them with a sense of responsibility," said

Tax Center saves clients thousands in opening days

The Baumholder Tax Center is now open for business. Located in Building 8670, next to the 8th Finance Battalion and Service Credit Union, the center offers tax preparation and electronic filing for federal and state income taxes.

Electronic filing is more accurate and reduces the amount of time you have to wait for your refund, explained tax center officials

During the first says of operation, the center completed 138 federal returns. The amount of refunds received by customers in the first few days was \$314,854 and the value of services provided by the Tax Center was \$23,756.

The BTC offers free tax service to all service members, dependents, and eligible Department of Defense and De-



Photo by Daniel Rubalcava

Pvt. Terry Brumett concentrates on providing a customer the best option on his 2006 tax return.

partment of the Army civil-

All tax preparers are IRS trained and certified.

Because the center's services are free, it often saves customers as much or more than \$200 in tax preparation

The BTC is open from 9 a.m. to 5 p.m. Monday through Thursday and 9 a.m. to 3 p.m. on Friday. Customers may schedule an appointment by calling mil 485-1040.

Simple returns can be com-

pleted on a walk-in basis.

To file their taxes, customers will need to bring all of their W-2s and Social Security cards for everyone claimed on the tax return. Customers must also bring any other documents, such as 1098 and 1099 forms and information on any rental property owned.

"Soldiers also need to check their MyPay accounts to see if a W-2C is on there," said Bradley Crockett, tax center officer. The W-2C is a corrected copy of the W-2. "Many Soldiers have a corrected W-2 because they took leave in December that is tax free because the leave was earned downrange. Because it was in December, Finance didn't originally treat it as nontaxable," said Crockett.

BTC customers will be

asked to complete a simple questionnaire that will enable the staff to accurately prepare their federal and state tax re-

It is important to note that due to Congress's late enactment of the tax extender bill, the IRS will not accept tax returns if the taxpayer claims deductions for educator's expenses, tuition and fees or state sales tax until sometime in February.

If customers plan to claim one of these deductions they should contact the Tax Center when ready to file to determine if the IRS will accept their return at that time.

For questions concerning the BTC, or if persons are interested in volunteering, contact the BTC at mil 485-1040.

$\pmb{USAG~Baumholder}_{-}$ Baumholder, Neubrücke, Strassburg

Fasching and other events

Fasching season is in full swing. Following is a list of locations around the Baumholder area that will have parades and parties during the three craziest days on the German calendar.

Feb. 18, Fasching parade at Kirchenbollenbach, 2 p.m.

Feb. 18, Fasching parade at Hammerstein, 2 p.m.

Feb. 18, Fasching parade at Enzweiler, 2 p.m.

Feb. 18, Fasching parade at Fischbach, 2 p.m.

Feb. 18, Fasching party at Berschweiler, Dr. Darge Gym, 2 p.m.

Feb. 18, Fasching party at Rohrbach, 2 p.m.

Feb. 18, Fasching party at Hahnweiler, 2 p.m.

Feb. 18, Fasching party at Reichenbach, 3 p.m.

Feb. 18, Fasching party at Enzweiler, 2 p.m.

Feb. 18, Fasching party at Idar, Heidensteilhalle 2 p.m.

Feb. 18, Fasching party at Tiefenstein, Im Staden, 2 p.m.

Feb. 19, Fasching parade at Idar-Oberstein, 1:30 p.m.

Feb. 19, Fasching parade at

Community notes

Baumholder, 2 p.m.

Feb. 19, Fasching parade at Kirn, 1

Feb. 19, Fasching parade at Birkenfeld, 2 p.m.

Feb. 19, Fasching parade at Freisen,

Feb. 19, Fasching party at Rückweiler, 2 p.m.

Feb. 19, Fasching party at Baumholder, Brühlhalle, 3 p.m.

Feb. 19, Fasching party at Heimbach, 2 p.m.

Feb. 19, Fasching party at Fohren-Linden, 11 a.m.

Feb. 20, Fasching party at Berglangenbach, 2 p.m.

Feb. 20, Fasching party at Thallichtenberg, 2 p.m.

Feb. 20, Fasching Frauenberg, 2 p.m.

Feb. 20, Fasching parade at Berglangenbach, 11 a.m. Feb. 20, Straw Bear parade at

Ruschberg, noon Feb. 20, Fasching market at Kusel March 2, "Beauty and the Beast"

musical, Idar-Oberstein, Stadttheater

March 3, flea market at Homburg-

March 5, market at Kirn, 9 a.m. to

March 9, Musical Stars in Concert, Idar-Oberstein, Stadttheater

March 11, flea market at Idar-Oberstein, Vollmersbachstrasse

March 22-25, Easter market at St. Wendel

March 24, 25, traditional spring market at Berschweiler

March 24, 25, car exhibition at Baumholder, Tennishalle

March 24, 25, IVV volksmarch at Kirnsulzbach

March 29, palm market at St. Wendel.

Dental program

The American Red Cross is taking applications for the Dental Assistant program through Feb. 27. Come to the Red Cross office, located above the Wagon Wheel Theater, to complete an application. A program interest orientation will be held Feb. 28, and the

interviews will be March 1 and 2. For more information contact the Red Cross at civ (06783) 6-1760.

Earn extra money

The Baumholder Exceptional Family Member Program is looking for individuals to provide respite care for adults with special needs. U.S. Army Garrison Baumholder has more than 1,000 exceptional family members who require extended daily care. Interested persons can help provide their caregivers with a much needed break and help family members with disabilities gain a sense of independence. All respite care providers must complete required training annually and must submit medical and background checks as well as provide a minimum of three character references. Volunteer hours are available for time spent in training. Respite care fees are arranged directly between the respite care provider and the family member seeking services. For more information on how to become an adult respite care provider, contact Ciara Luna at mil 485-8188, civ (06783) 6-8188 or email ciara.luna @us.army.mil.

Iron Kids Spanish carnival

A Spanish play group carnival celebration is scheduled for Feb. 22 from 10-11:30 a.m. at the Iron Kids indoor playroom in Building 8222. Families are encouraged to dress in attire native to their country of origin. The festivities are open to Spanish speakers and anyone interested in improving their Spanish skills. For more information call Army Community Service at mil 485-8188 or civ (06783) 6-8188.

Chapel positions open

The chapel is looking for a Protestant religious education coordinator and a Vacation Bible School director. People interested may place a bid on these positions at the chapel. For more information call mil 485-1570 or civ (06783) 6-1570.

Sports physicals

Sports physicals are scheduled for Feb. 26, 28 and March 6, 7 from 8 a.m. to 4 p.m. at the Baumholder Health Clinic. This is an opportunity for Baumholder youths to receive a medical checkup before participating in high school or Child and Youth Services sports. Community youths should bring their shot records to their appointment. To schedule a physical call civ (06783) 6-8080.

Seafood extravaganza

The 2nd Brigade Combat Team Dining Facility offers a Seafood Extravaganza every second and fourth Friday of the month from 11:30 a.m. to 1 p.m. Cost is \$3.65. The menu includes lobster, crab legs, shrimp, steak and more.



Photo by Daniel Rubalcava

Temporary roof

Two contract workers are busy making preparations to place a temporary roof on Building 8875 in Wetzel Housing near Wetzel Elementary School. The roof was ripped off of the building during the strong winds that swept through Baumholder Jan. 18.

90th Personnel **Services Battalion** inactivates

Lt. Col. Jeffrey Brlecic and Command Sgt. Maj. James E. Brown case the colors of the 90th Personnel Services Battalion in an inactivation ceremony on Jan. 26 at the Hall of Champions in Baumholder. The unit redeployed from Kuwait in October 2006. Their responsibilities for records are now housed at individual battalion personnel sections.

Photo by Kelsy Hustead



Community notes

Sweetheart Bazaar

The Baumholder Community Spouses Club is hosting its annual Sweetheart Bazaar Feb. 23-25 at the Hall of Champions. More than 40 international vendors will be available. Hours for the bazaar are Friday and Saturday, 10 a.m. to 7 p.m. and Sunday, 10 a.m. to 5 p.m.

Office closures

- The Baumholder legal center will be closed Feb. 16 and 19
- Only limited services will be available at the legal office Feb. 26 to March 16.
- The Baumholder Dental Clinic will be closed Feb.

Protestant studies

The Protestant Women of the Chapel's winter to spring studies have started. Sessions are every Tuesday at 9 a.m. at the chapel annex and at 6 p.m. in Chapel One.

For more information call mil 485-1570 or civ (06783) 6-

Students + families + math games = fun

By Kelsy Hustead U.S. Army Garrison Baumolder Public Affairs Office

Smith Elementary School students and parents discovered the world of mathematics can be full of fun and excitement at Family Math Day Jan.

"The Smith math committee was brainstorming ways to get parents involved in order to help strengthen their children's interest in math so we created Family Math Day," said Jill Allbaugh, teacher of a first- and secondgrade split class at Smith Elementary.

Parents were invited for a morning session of family math with their children. All grades participated in a variety of math games including math bingo, fraction frenzy and math races. New technology was featured in the form of Smartboards which helped students develop geometry skills and increase their spatial reasoning.

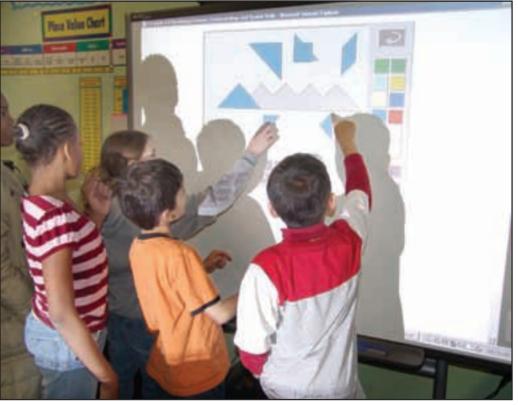
"The Smartboard is an interactive chalkboard. It is another fun tool that helps my students reinforce the math skills that we are learning in the classroom," said Debbie Odum, fifth-grade teacher at Smith Elementary School.

"The Smartboard is better for visual learning and entire math curricula are available through Internet sites," said Odum.

"The students are excited and enthusiastic about using the technology. It reinforces what we are learning in the classroom," she said.

"I think it is important to my son that I attend family events at school. Then he knows that he has my support. He might feel left out if I did not attend," said Staff Sgt. Kristina Columbus, mother of Daniel Smith, a second-grade

"Family Math Day is a great way to give parents more ideas to help their children at home," said Allbaugh.



Students from Debbie Odum's fifth-grade Smith Elementary School class work on a Smartboard during Family Math Day Jan. 25. The students worked on enhancing geometry skills and spatial reasoning. The interactive smartboard reinforces math concepts and activities with visual learning tools.

$\pmb{USAG\ Baumholder}_{-\ Baumholder,\ Neubrücke,\ Strassburg}$

ACS classes

Feb. 14, Credit Card Debt Management, 9-11 a.m.

Feb. 16, Beginning German Language course 1: Monday and Tuesday, 9 a.m. to noon. Course 2: Monday and Tuesday, 1-3 p.m.

Feb. 21. Advanced Personal Investment, 9-11 a.m.

Feb. 21, 22, Family Readiness Group leader training, 8:30 a.m. to 2:30 p.m.

Feb. 26, 27 and 28, Army Family Team Builder instructor training, 9 a.m. to 2:30

Feb. 27, Dress for Success, 11 a.m. to 1 p.m.

Feb. 28, March 1 and 2. Let's R.O.C.K. (Relocate, Orientate, Communicate and Know) 8:30 a.m. to 3 p.m.

Feb. 26, Smooth Moves for PCSing, 4-5 p.m.

Feb. 15, 22, Spanish Play Group, 10-11:30 a.m.

Iron Kids Indoor Playroom, Building 8222.

Call Baumholder Army Community Service to register for all classes at mil 485-8188 or civ (06783) 6-8188.

More community notes



Photo by Daniel Rubalcava

Job Shadow Day

Kaylin Hernandez watches closely as her father, Sgt. Milton Hernandez, prepares a customer's 2006 tax return. Kaylin was participating in the annual Job Shadow Day program Feb 1. Job Shadow Day is an initiative to engage students in the world of work. The goal of Job Shadow Day is to provide young people with job shadowing experiences. This is an opportunity to mentor a young person and introduce him or her to the workplace, by being a "shadow" for part of the day.

AER fund-raising campaign March 1

Help kick off the annual Army Emergency Relief campaign March 1 at the community mail room. Cake will be served in celebration of the AER contribution campaign for 2007. AER is a nonprofit organization that provides emergency financial assistance to active Soldiers, retirees, Reserve and National Guard members and their families through interest-free loans, grants and scholarships. It also provides assistance for surviving spouses and children of Soldiers killed in action. The annual campaign is the one time each year Soldiers have the opportunity to help fellow Soldiers by contributing. To make a contribution see your unit's AER representative or call mil 485-8188 for details.





Mondays ~ Saturdays 10:00 ~ 18:00

Adolph-Kolping-Platz 9- 66849 Landstuhl - Tel: 06371-619848

Call for directions or visit us at: www.EuropeanCountryLiving.de



In Hanau

Call Frank Johnson at: 06181-90-64-742 or E-Mail: f.johnson@mcs-autoexchange.com

In Mainz-Kastel

Call Rickey Jackson at: 06134-287-960 or E-Mail: r.jackson@mcs-autoexchange.com Or Call James Sweeney at: 06134-287-955 or E-Mail: j.sweeney@mcs-autoexchange.com















Soldier saves man's life

AFN broadcaster honored for preventing fatal stabbing

By Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

They say you never know what you'll do in a lifethreatening situation until it occurs, but for one Wiesbaden Soldier "doing the right thing" came as naturally as drawing breath.

Spc. Anthony Scroggins, a broadcaster/producer with the American Forces Network-Hessen known to listeners by his radio moniker, "The Scrogg," came to the aid of a stabbing victim by disarming the man's attacker and neutralizing him until German

Scroggins was recognized for his valor and lifesaving actions by Mainz Police President Franz Kirchberger in a ceremony at the Mainz Police Headquarters Feb. 1.

The AFN broadcaster said the incident occurred the evening of Jan. intervened the man Scroggins said he felt like he "was 6 while he was waiting for his girl- **would have died."** on autopilot. I didn't think. It's friend to undergo an X-ray at Mainz's Johannes that surreal. There was no conscious decision on Gutenberg University Hospital. Hearing a commomy part. tion in the hallway, Scroggins said he went to

"I saw a guy bent over stabbing another guy in a chair," he said, explaining that several hospital staff members who were not far away seemed to be arguing and were not interceding. "As soon as I rounded the corner I saw the knife coming out of the victim and I came up under the assailant's arms and pulled

While pinning the man and holding his arms tightly in the air, Scroggins said, the attacker managed to somehow pass the knife to an accomplice who must have left the hospital with the weapon.

"While I was holding him I was looking around and noticed the blood all over the floor," he said, adding that he eventually handed the man over to a doctor's custody, only to witness the man making a break for the hospital entrance a short time later. "The guy was getting away so I chased after him ... about 20-30 yards. I grabbed him again and brought him back inside.'

Scroggins said he set the man down on a chair and kept a close eye on him, along with one of the doctors, "If Scroggins hadn't until the German police arrived.

Throughout the incident

"When I went back to my girlfriend, Bianca, she was sobbing hysterically," Scroggins said, explaining that while he was involved with the police and doctors, his girlfriend, not knowing what had occurred but aware of the violent commotion in the

hallway, was told Scroggins had been "taken away by

"It wasn't until I got back to Bianca that it finally

he said. After reassuring Bianca that he was OK, both of them again talked to the police about what had happened.

"The nurses told my girlfriend that the victim had been stabbed six times," Scroggins said, adding that the doctors were convinced Scroggins had saved the man's life.

AFN-Hessen operations

director. "He's universally loved by everyone who works with him and is always willing to help every-

"He's very humble," Blair added, saying that he was informed by the German police that the doctors were convinced "if Scroggins hadn't intervened the man would have died

"In my conversations with the German police they said his actions were exemplary and they wanted to recognize his behavior as an example of one citizen intervening to save another.

"Often there's bad news — stories about Soldiers getting in trouble on the weekends — but I think

"We're very proud of Spc. Anthony Scroggins runs the console while handling production for an him," said Lon Blair, American Forces Network broadcast at AFN-Hessen in Wiesbaden.

> overall Soldiers are people of strong judgment, and military people are brave," Blair said.

Blair added that while the German police recognized the American Soldier on their own initiative, the AFN Hessen command was putting him in for an award, possibly the Soldier's Medal, and he also was honored by the U.S. Army Garrison Hessen for his

"My girlfriend always calls me her hero, and after that happened, she said, 'now you're really my hero,'" said Scroggins, who was born in Modesto, Calif. "I think a hero is someone who goes out to save someone. I just did what anyone would do."



family members critical for a smooth transition

Involving all

By Susan Huseman U.S. Army Garrison Hessen Public Affairs Office

amilies in Giessen, Friedberg, Büdingen and Hanau are on the move again as the U.S. Army Garrison Hessen continues to shrink through transformation.

"Most children face some anxiety and apprehension about leaving friends, moving, whether they will be accepted at their new school," said Edwina Smith, high school counselor at Giessen Middle High

"For a student athlete a move can be a big challenge ... trying out for an already established team whose players have known each other for years; having to prove that they belong.

"Older students — juniors, seniors and even some sophomores think about how a move will impact them academically. And high school students are anxious about the difference in graduation requirements," said Smith.

Some states, such as New York, Texas, Virginia and Georgia require students to take exit exams in order to graduate. If students move during their senior year they may only have one or two opportunities to pass this exam. If students fail, they may receive a certification, not a regular diploma; or they may have to go to summer school, Smith said.

In order to help students through the transition, Robin Clarke, the middle school counselor, and Smith will begin a series of presentations targeted to each grade level.

Vital documents

They will discuss making friends, grade requirements, keeping up grade point averages, the importance of taking the necessary documentation to the new school and using the resources in the new community, said Smith.

Fortunately students can "visit" their new school before leaving Germany. Giessen Middle High School, along with other Department of Defense Dependents Schools, has an interactive counseling center that allows families and educational counselors to exchange voice, video, data and images between schools, said Smith

Most schools located near stateside military bases have this system too. "It's a powerful tool. The time difference can be a challenge, but it can be done," said



Photo illustration by Susan Huseman

Children must be included when making moving plans to make sure they are prepared and equipped to move on to a new school and community.

The schools also have Student 2 Student programs which help students network through peer support.

Preparing children for a move

One of the most important things a parent can do to help high school students during the transition process is to notify the current school as soon as they have orders. "The school may be able to align your student's current classes with the new school's graduation requirements — especially if it is near the beginning of a semester," said Mark Gillett, Hanau school psycholo-

"Make sure your child's transcripts are accurate, especially if your student took an online course or tested out of a class. It may not be reflected," advised Gillett. If there are discrepancies, he said, they are easier to resolve here.

Parents of students with developmental needs should connect with their new school to make sure it can provide for the student's needs, he said.

Looking ahead

"With younger children, find out what's going on in the new classroom and expose your kids to those activities," said Gillett. "For example, maybe second-graders in the new school are learning cursive and at the old school they are not. If your child can practice, he or she will feel more comfortable and won't be overwhelmed."

Beyond academics parents can do many things to help their children become excited about an upcoming move. "They can let their children choose their new bedroom or choose how to decorate their new room," said Gillett.

Involve your children in the move. "It is important to give children chores and responsibilities so they feel like they are part of the move, but not overwhelmingly so," he said.

"Sit down and listen to what your children are excited about or what

they're worried about. You don't have to have answers. Kids just want to be heard," Gillett advised. "Be aware of their heightened stress — try and be calm. Everyone is on edge during a

Pets can be a big issue with children. "Leaving a pet behind can be hard," Gillett said. "Parents will say 'we'll get a new one.' Children don't want a new one — they want the pet they have. Parents don't realize how important a pet is to a child; how much children bond with their pets."

Family time

Keep up family time. "It is important to keep up quality playtime with children during a transition," said Gillett. He suggests keeping a favorite board game or a deck of cards out of household goods so the family can interact together in a positive way.

And what about the hard part ... the goodbyes? "It's important for children to say goodbye, but they sometimes don't because it is a sad occasion; it provokes anxiety. Parents can help by allowing the child to say goodbye to adults and their friends. Or they can write a thank-you note to the adults, swap favorite hats with a friend," said

The Hanau schools are giving goodbye books to the students. "It's a nice souvenir but psychologically it helps to sum up the child's experience here. It brings closure."

Gillett brags about the students' resiliency. "DoDDS students are resourceful. It's amazing how well they adjust."

"Around school there are frequent conversations about moving," said Gillett. "The students are generally excited about going to a bigger school, learning to drive. The more excited they are about the transition — the smoother the move will be.'

Wiesbaden teacher finalist for presidential award

One of two from DoDDS-Europe

By Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

For many students, and even some teachers, the subject of science can seem intimidating.

A special science enrichment program introduced at Hanau's Argonner Elementary last school year was aimed at helping them overcome their "science phobia."

Robert Skully, the teacher charged with inspiring students in grades kindergarten through fifth to develop a greater interest in science at the Hanau school, has since moved on to a new position as a fourth-grade teacher at Wiesbaden's Hainerberg Elementary School. But his efforts to enhance science education in Hanau were recently honored by the Department of Defense Education Activity.

Skully was one of two teachers from DoDEA schools in Germany selected as DoDEA finalists for Presidential Awards for Excellence in Mathematics

He, along with Heidelberg Middle School sixthgrade teacher Kina Stallings, and two other DoDEA teachers, now advance to be screened by the National Science Foundation on behalf of the White House to possibly represent DoDEA along with teachers from across the United States for the presidential honor.

The Presidential Awards for Excellence in Mathematics and Science recognize outstanding kindergarten through sixth-grade, and seventh-grade through 12th-grade mathematics and science teachers from each of the 50 states and four U.S. jurisdictions including Washington, D.C., Puerto Rico, U.S territories and DoD schools worldwide.

If Skully is selected to be one of the two DoDEA finalists he will receive a citation signed by the president, a trip to Washington, D.C., to attend a weeklong series of recognition events and professional development seminars, and a \$10,000 award from the National Science Foundation.

"We were very fortunate to have him last year as the science enrichment teacher," said Dr. David Trukositz, Argonner Elementary School principal. "He did an outstanding job with the kindergarten through fifth-grade students in science.

"The award is a great honor," Trukositz added. The principal introduced the science enrichment teaching position out of concern for slightly lower science scores on the annual TerraNova tests, Skully said. "Because of lower enrollment last year, Dr. Trukositz had some flexibility to

Skully taught compensatory reading half-time and spent the rest of his week promoting science in

"Science enrichment wasn't only for students," Skully said, explaining that teachers were encouraged to participate as well. "There are a certain number of elementary school teachers who feel uncomfortable teaching science. One of Dr. Trukositz's goals was to raise the teachers' comfort level in teaching science. Hopefully teachers became more comfortable with conducting experiments and teaching science as a result."

Before earning a teaching degree, Skully, who



Robert Skully helps his fourth-graders at Wiesbaden's Hainerberg Elementary School during a lesson in the school's Media Center.

has a degree in science, said he worked as a park ranger at Glacier National Park in Montana, sometimes teaching junior science classes. After coming to Europe to work as a teacher for DoDDS-Europe

Focus on people

and serving as the Hanau Middle School Science Department chairman, he said he saw firsthand how students sometimes seemed unprepared for science upon reaching middle school. "As the Hanau Middle School science chairperson I was guilty of beating up on elementary school teachers for not providing their students with the opportunity to conduct experiments, use microscopes, etc.

"Later, as a third-grade teacher at Argonner Elementary School, I saw why science often gets the short end of the stick," Skully said, "Teachers are just too busy doing language arts, math and with other subjects."

Skully added that he was very appreciative of Dr. Tukositz's support in his efforts to raise science awareness and in nominating him for the presidential

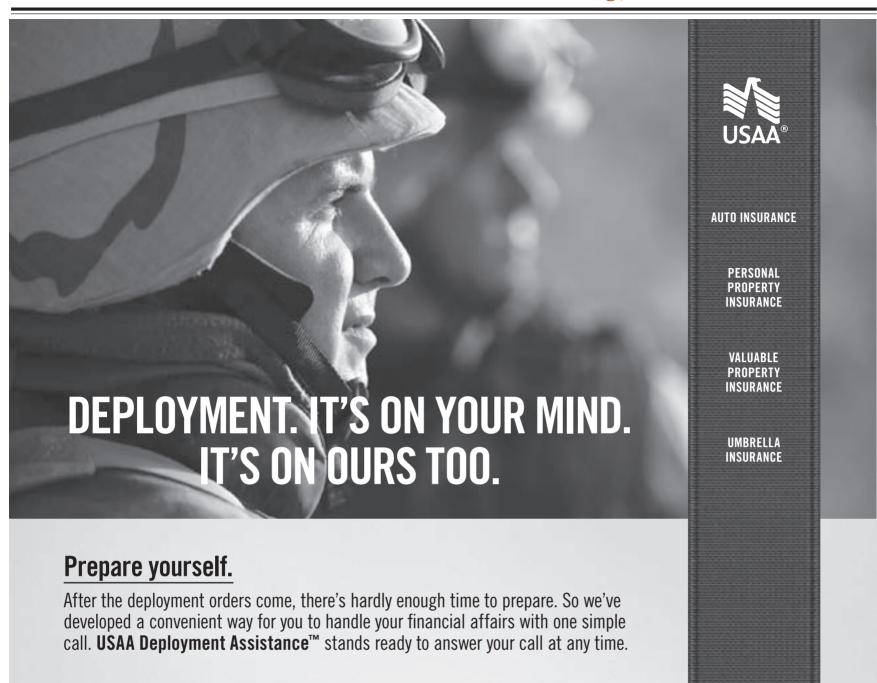
Now as a fourth-grade teacher in Wiesbaden, Skully said he continues to encourage the study of science both in the classroom and through extracurricular projects such as a school musical he is helping coordinate titled, "Vacation On Mars."

"I even had a parent tell me during a parent-teacher conference in November that I had made his daughter excited about science experiments. He asked if I had a background in science."

Skully should find out if he has been chosen for the presidential-level honor sometime this spring, he said. (Some information for this article courtesy of a DoDDS-Europe release)

Page 16 Herald Union Feb. 15, 2007 www.usaghessen.eur.army.mil

USAG Giessen – Friedberg, Giessen



Prepare your family.

Your family's financial security and well-being is a responsibility you shouldn't have to shoulder alone — USAA can help ease the burden. Take full advantage of your deployment status by maximizing your extra pay and benefits — it's as easy as one simple call.

FREE DEPLOYMENT GUIDANCE





Soldiers awarded for combat actions

A Soldier who helped pull his wounded men from a burning vehicle and ran alone through the streets of Ramadi, Iraq, to get them evacuated was awarded the Silver Star Jan. 27.

Staff Sgt. David S. Anderson, a section leader with 1st Platoon, Company B, 1st Battalion, 36th Infantry, assigned to Task Force 1st Battalion, 37th Armor, was also presented the Army Commendation Medal with Valor during a ceremony on Camp Ramadi.

Two other Soldiers from the same unit, Staff Sgt. Jason P. Trumpower of Norwalk, Ohio, and Spc. Edward Reyes of Coral Springs, Fla., distinguished themselves in the same Sept. 24 incident and were awarded Bronze Stars with Valor.

Anderson, who is from Batesville, Miss., said he doesn't care for the publicity surrounding his award.

"I'm just glad I was there to take care of my Soldiers and bring them home safely," he said. "To me, I was just doing my job and what I was trained to do."

The incident began when a dismounted team was attacked during an operation and several men were wounded. Trumpower, a section leader, led his Bradley fighting vehicle in an attempt to evacuate the Soldiers after a tank accompanying him had trouble negotiating the narrow streets.

The vehicle was hit by an improvised explosive device, disabling it and critically wounding the driver. Trumpower, pinned in the vehicle, maintained security and notified higher headquarters of the situation.



Staff Sgt. David Anderson (from right) was awarded the Silver Star and the Army Commendation Medal with Valor while Spc. Edward Reyes and Staff Sgt. Jason Trumpower received the Bronze Star with Valor and the Army Commendation Medal for evacuating wounded comrades.

Anderson, who was also responding to the call for aid in his Bradley fighting vehicle, linked up with Trumpower and began evacuating the crew as another vehicle dealt with the dismounted casualties. Anderson was directing his vehicle back to Camp Ramadi when it, too, was disabled by an IED, wounding five inside.

The explosion knocked out communications and caused a fire in the rear compartment. Anderson, who had been outside checking his gunner and driver, attempted to let down the rear ramp and the troop door, but both were jammed.

Trumpower, with severe wounds to his hands and face, tried to get the

cargo hatch open. With Anderson's help, the two men were able to open it wide enough to evacuate the vehicle. Reyes, although also wounded and disoriented by the flames, found the fire suppression handle and doused the blaze long enough for everyone to escape.

Once everyone was out, Anderson took a rifle from the vehicle and single-handedly made sure there were no insurgents within a nearby building, while Trumpower guarded the wounded and Reyes, a medic, evaluated and stabilized them.

After they moved the wounded into the building, Anderson attempted to retrieve a radio and smoke grenade to signal their location, only to find both destroyed in the vehicle. Knowing the wounded driver was going into shock and could bleed to death without immediate evacuation, Anderson ran about 400 meters to try and get the attention of a nearby tank crew.

Unable to get the attention of the tank, he ran farther down the road to wave down a Bradley fighting vehicle, then led it back to the wounded Soldiers, and subsequently supervised the loading of his men.

Col. Sean MacFarland, commander of 1st Brigade, 1st Armored Division, presented each of the men their awards and praised the heroism they exhibited. He cited their actions as examples of living the "Warrior Ethos."

"They didn't give up," MacFarland said. "They did not leave their comrades behind."

Trumpower said after the ceremony that he counted himself lucky for the other Soldiers present who helped take care of the casualties. He said he remembers the incident "like it just happened yesterday."

"Sometimes I guess I would rather not have the award and not have those things happen," Trumpower said.

Reyes said he hasn't thought much about the incident, but he was grateful his actions were held in high regard.

"We were pretty much alone out there," Reyes said. "It could have gone dramatically different than it did."

Both Reyes and Trumpower were also presented the Army Commendation medal during the ceremony. (Story and photo courtesy of Multinational Corps Iraq Public Affairs Office)

Community spotlights

Welcome home banners

Welcome home banners can now be ordered at the Friedberg Arts and Craft Center. Items are sold in two-foot increments ranging from two to 20 feet long. Prices are based on colors and graphic type. For details call mil 324-3266.

Preseparation, CBS training

The Transition Center in Giessen hosts a **preretirement** class March 7 starting at 9 a.m. A **preseparation** class will be held March 13 at 9 a.m. at the Transition Center. A **Career Status Bonus/REDUX** training will be March 20 at 9 a.m. The Transition Center is located in Building 4 on the Giessen Depot. Soldiers interested in attending must register for the class. Call mil 343-6504/6505.

Auto skills special

The Auto Skills centers in Friedberg and Giessen offer an oil change for \$10 throughout February when the customer supplies the oil and filter. Ap-

pointments are required. Call mil 324-3218 in Friedberg or mil 343-7050 in Giessen.

Black History Month

The U.S. Army Garrison Giessen hosts a Black History Month luncheon Feb. 15 from 11:30 a.m. to 1 p.m. at the Giessen Dining Facility

YS events

Youth Services in Giessen and Butzbach host a **preteen lock-in** Feb. 23 from 10 p.m. to 8 a.m. at the Butzbach YS. The event is open to youths 11-13 and offers games, dancing, movies, a midnight dinner and early morning breakfast. The cost is \$10. Transportation from Giessen YS will be provided. A free **Family Dinner Night** takes place Feb. 27 at 6 p.m. The event is open to YS families only. For more information call Butzbach YS at civ (06033) 73048 or Giessen YS at mil 343-6129.

Increased store hours

Due to the redeployment of the 1st Brigade the

following AAFES facilities in USAG Giessen have increased their opening hours: Giessen's Burger King opens Monday to Friday from 8 a.m. to 7 p.m. and Sunday from 11 a.m. to 5 p.m. Anthony's Pizza in Giessen opens Monday to Saturday from 11 a.m. to 7 p.m. and Sunday from 11 a.m. to 5 p.m. Giessen's Subway opens Monday to Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. The Barber **Shop in Giessen** opens Monday to Friday from 9 a.m. to 5:30 p.m., Saturday from 10 a.m. to 2 p.m. and is closed on Sunday. The Friedberg Military Clothing Sales Store is open Monday to Saturday from 9 a.m. to 8 p.m. and Sunday from noon to 6 p.m. Friedberg's Burger King is open Monday to Friday from 7 a.m. to 7 p.m. and is closed Saturday and Sunday. Anthony's Pizza in Friedberg is open Monday to Friday from 11 a.m. to 6 p.m. and closed on Saturday and Sunday. The Barber Shop in Friedberg opens Monday to Friday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 3

Terminating services provided by local providers

Editor's note: This is the fourth in a series on planning for a move.

By Alexandra Williams

U.S. Armu Garrison Giessen Public Affairs Office

Cell phones, house leases, Internet access ... these are some of the services Soldiers, families and civilians will have to cancel when moving. And they all have different requirements when it comes to terminating a contract.

To avoid paying for a contract longer than necessary here is a breakdown of services often used by Americans, along with some basic termination information.

Off-post housing

Families and individuals living off post need to send their landlord a termination notice as soon as they know their date of departure.

"We urge our customers to review their contract to verify their termination period," advised Heidi Clampitt from the Base Operation Services Community Homefinding Relocation and Referral Services.

Termination periods can range fromone to three months and in rare cases up to 12 months, she said.

"I recommend that you check your contract thoroughly and contact us as soon as you have your orders, or at least four weeks before your termination has to be sent so we can assist in preparing a termination form for you," Clampitt said. The staff will also help clarify issues such as renovation requirements, utility contract termination, stopping allotments and deposit refunds. To ensure a smooth move the CHRRS office has prepared a checklist with all the required tasks. The CHHRS is located in Building 47 on the Giessen Depot.

Telekom services

To cancel phone and online services with Deutsche Telekom you need to terminate your service at least one month before the date you wish to end services. You can send either a written termination to the address listed on your monthly phone bill or a fax to civ (0521) 921 064 31.

The termination paper can be an



Tim Atkinson uses his handheld PDA at work. Atkinson is among many Americans using services provided by host nation providers. It's important to check the contract for termination requirements, according to officials. Cell phone contracts need to be terminated otherwise they will automatically be extended for a certain period of time.

informal note. To avoid any misunderstanding it's best to write the note in German. Here is an example if you want to terminate your phone (or Internet access) by July 31.

Sehr geehrte Damen und Herren,

Hiermit kündige ich meinen Vetrag meinen Telefonanschluss (Internetzugang) zum 31. Juli 2007. Bitte Erhalt der Kündigung zu bestätigen.

Dear Sirs,

This is to inform you that I am terminating my phone connection (Internet access) effective July 31, 2007. I request acknowledgment of receipt of this termination notice.

Whenever you correspond with

Telekom or other phone service providers you need to write down your customer number (Kundennummer). This is the only way you can be identified as a customer. Sending only your name and address or phone number may prevent assigning the notification to the right customer.

Cell phones

Cell phone contracts are usually for a one or two year period. Even if your contract expires before this summer or the time you are scheduled to leave the country you need to send a termination note, otherwise the contract will be continued for another year. Most contracts require a three-month notification period so it's advised to cancel the service as soon as possible. A written notification sent by certified mail is advised. Include your customer number.

Kindergeld (child benefit paid by German government)

Families entitled to this monthly child benefit stipend need to send the local Familienkasse a notification with the date they intend to leave the country. Note: Kindergeld is only paid for children living in Germany. Unauthorized collection of the benefits is considered fraud.

Insurance, ADAC

Whether it's car insurance, ADAC membership, liability or personal property insurance you need to check your contract or talk to your agent because most insurance has a three to six month termination period. Again, you need to send a written notification. It's recommended to send it via certified mail to have proof of mailing.

Investment plan, life insurance. etc.

It is not always advisable to cancel such contracts especially if you have made contributions for several years. Contact your investment or insurance agency to discuss whether you should maintain or cancel the contract. The agency will then inform you about the necessary steps to take to do either.

German bank accounts

If you are leaving the country you no longer have residency so it is best to close the account. There is no time frame for terminating bank accounts.

German post office

If you used a German mailing address you don't have to inform the Deutsche Post that you are leaving. If you are moving within Germany you can fill out a Nachsendeantrag (forwarding request) for your new address. Your mail can be forwarded for six or 12 months. The cost ranges between €15-30. However, this service is not available when you return to the States. (See next issue for arranging for household goods pickup.)

More helpful hints to prepare for the move this summer

Worldwide CLEOS registration

Parents whose children are registered with the USAG Giessen CLEOS office don't have to pay registration fees at their new duty station because the registration is valid at all MWR facilities worldwide. Pick up your child's packet at the CLEOS office before you PCS. At your new post you can give the packet to the local CLEOS office. You also avoid the hassle of getting yet another physical done, producing new shot records and so on. For details call mil 343-7028.

Getting Fido ready for shipment

Community members who want to ship pets to their next duty station need to ensure the rabies vaccinations are up to date. Furthermore, the pet needs a health certificate that cannot be older than nine days. Records for pets in the USAG Giessen are kept at the Hanau Veterinary Clinic. To arrange for an appointment call mil 322-8160. It is advised to

arrange for transportation as soon as you receive orders because most airlines will announce an embargo if it becomes too hot or cold. The SATOTravel office can assist in arranging transportation of pets. Call mil 343-8527/6019.

Info link

More information is available on the USAG Giessen website at www.giessen.army.mil by clicking on "USAG Giessen Tranformation FAQs."

Cards thank Soldiers, families for sacrifices

Woman's project expresses gratitude, support for service

By Alexandra Williams U.S. Army Garrison Giessen Public Affairs Office

Several weeks ago spouses visiting the Friedberg Chapel were given cards featuring the "Star Spangled Banner," a psalm and a handwritten thank you note. On the back of the cards were the words, "Cards with a Calling."

The women soon discovered the cards were a gift from a woman in Colorado Springs, Colo., who has made it her personal mission to thank American Soldiers and their families for their sacrifices on behalf of the United States.

"I try to say 'thank you' any small way I can," said Nancy Ring via email. "Sometimes I am just buying a service member coffee at the local Starbucks, though it never will be enough."

"I'm very aware of the sacrifice our service men and women make, keeping us safe and fighting for the freedom of others who may not be able to fight for themselves," she said.

"Each design is as unique as the individual receiving it. I pray over every card and its recipient as it is created," she said. "I consider it an offering. I'm doing this in order to provide companies an opportunity to donate supplies. Adhesives are expensive and believe me we use a lot of it," she said.

Ring supports the military, she said, because she is a patriot and loves the flag, her country and the freedom that America enjoys. "Also my parents served in World War II; my mom in England, for the Army Nurse Corps, and my dad in the South Pacific. My uncle, who was in the Army, was attached to the Pentagon. My cousin and friends served in Vietnam; some more friends served during the Gulf War. Also, we have many service families in our church, many of whom are deployed to Iraq," she said.

About a year ago she had the idea to make cards for service members. She has created her own cards for almost 15 years. In 2005 she began teaching other women how to do the same.

"Early in 2006 the Lord led me from merely teaching card design to birthing the 'Cards with a Calling' ministry. Our mission is to provide encouragement through scripture-filled cards to men and women across the nation. We want them to know the purpose and fullness of God's infinite love for them," Ring said.

That her cards found their way to the U.S. Army Garrison Giessen was mere chance.

"I only had a week to prepare the cards for Germany. A friend who's been assisting me since the beginning helped me assemble them," she said. "Another friend traveling to Germany wanted to take them with her. I made 100, but I gave one to a service member in a restaurant so only 99



Photo by Alexandra Williams

Mary Morrow-Young (left) and Sharton Tull take a look at a "Card with a Calling" made by Nancy Ring. Tull said she appreciates Ring's effort to show Soldiers and their families that she cares.

made it to Germany."

The friend gave the cards to a chaplain in Ramstein and from there they found their way to USAG Giessen

When Ring found out 1st Brigade will soon return from deployment she decided to make more cards. It is her way of reaching out to the Soldiers, she said. "I am very proud of our troops. It's too bad our media doesn't capture the love America has for her troops. The loss of even one is felt by all of us."



Hanau Community – Büdingen, Hanau

Tax Center open for business

Hanau income tax specialists ready to help with returns

The Hanau Tax Center opened Jan. 29 in Building 4 on Pioneer Kaserne to help ID cardholders with the preparation of their 2006 personal income tax

Last year more than 1,200 community members used the Hanau Tax Center and received refunds totaling more than \$2 million, according to tax center officials. And because the tax center services are free, each of these customers also saved an average of \$99 per person in tax preparation fees.

The 2007 personal income tax filing deadline is April 15. "However, many Soldiers, retirees, family members and DoD civilians in the Hanau Community may be entitled to one of several automatic extensions," said Capt. Richard Williams, officer in charge.

"The Internal Revenue Service offers an automatic two-month extension to U.S. citizens whose duty assignment



Photo by Karl Weisel

Pfc. Louis Reed helps Spc. Kizzy London, 320th Engineer Company, file her income tax return at the Hanau Tax Center.

is outside the United States and Puerto Rico on the due date of their arrival," he said. This means individuals assigned

to Hanau on April 15 are granted an automatic extension until June 15.

"Service members who are serving

in a combat zone or contingency operation have at least 180 days after they leave the combat zone or contingency operation to file and pay taxes," said Williams.

The Tax Center is open Monday, Tuesday, Thursday and Friday from 9 a.m. to 4:30 p.m. and Wednesday from 9 a.m. to 6:30 p.m.

Appointments are appreciated, especially for those customers using Schedule A itemized deductions. "Those with complex itemized deductions such as multiple rental properties will need to see a paid preparer," Williams said

If you have questions or concerns about filing your 2006 income tax return contact the Hanau Tax Center at mil 322-9802, civ (06181) 88-9802 or stop in to the Hanau Tax Center on the third floor of Building 4 on Pioneer Kaserne. (Courtesy of the Hanau Community Tax Center)

Health facts from the Hanau Health Clinic

Breast cancer screening

By Sarah Raya Hanau Health Clinic registered nurse

Breast cancer is the most common cancer among women and the second leading cause of death for women. According to the National Breast Cancer Foundation website "every two minutes a woman is diagnosed with breast cancer." Every day 720 women are diagnosed with breast cancer. Men are also affected by this disease, according to the NBCF, with "1,600 men expected to be diagnosed with breast cancer and 400 predicted to die.'

Many of these patients could have detected the cancer earlier, increasing their chances of survival, by getting a mammogram. A mammogram is a procedure using X-rays to look at the breast tissue to determine if there are any abnormalities that require

Who should get a mammogram? It is recommended by the American Cancer Society that "women age 40 and older should have a screening mammogram yearly. Women with a past family history of breast cancer who are younger than 40 should discuss having a mammogram with their primary care physician. Although the procedure can cause some discomfort by compressing the breast this only lasts a few seconds and the discomfort can be lessened by scheduling a mammogram at a time when your breasts are not tender or swollen. In addition to getting a yearly mammogram all women should perform monthly self breast exams to detect any changes in the breast tissue or nipples. The National Breast Cancer Foundation suggests that all women should implement a detection plan that includes:

- Clinical breast examinations every three years from age 20-39 and then every year after.
- Monthly self breast examinations beginning at age 20.
- Baseline mammograms by the age of 40 and annual mammograms for women 40 and older.
- Keeping a personal calendar of your self exams, mammograms and doctor visits.
- A low fat diet, regular exercise and not smoking or drinking.

People with questions about getting a mammogram should call the Hanau Health Clinic Tricare Desk at mil 328-6686, civ (06181) 500-6686 or schedule an appointment with their primary care provider by calling Central Appointments at civ (06181) 500-6600/6601. Additional information about breast cancer and

mammograms can be found at the National Breast Cancer Foundation website at www.nationalbreastcancer.org or the American Cancer Society website www.cancer.org.

Hypertension

By Linda McKenna Hanau Health Clinic registered nurse

High blood pressure occurs when blood moves through your arteries at a higher than normal pressure. Blood pressure is really two measurements. The first number is the systolic blood pressure, the peak blood pressure when your heart is squeezing blood out. The second number is the diastolic blood pressure, the pressure when your heart is filling with blood between beats. A normal blood pressure is 120/80 or lower. High blood pressure is 140/90 or higher. If your blood pressure is between 120/80 and 140/90 you have prehypertension. People should have their blood pressure checked at least once every two years. High blood pressure damages your blood vessels which raises your risk of stroke, kidney failure, heart disease and heart attack. High blood pressure is often called the "silent killer" because there are not any signs or symptoms. This is why it's so important to have your blood pressure checked regularly. Treatment for high blood pressure begins with changes to your lifestyle to lower your blood pressure and reduce your risk of heart

> disease. Lifestyle changes may include not smoking, weight loss, exercise, a

> > healthy diet and limiting sodium, alcohol and caffeine intake.

> > Try relaxation techniques or biofeedback. If these changes don't work you may also need to take medicine. Even if you must take medicine, making some changes in your lifestyle can help reduce the amount of medicine you must take.

This information provides a general overview on this topic and may not apply to everyone. To find information applies to you and to get more information talk to your family doctor.

Information in this article was obtained from www.familydoctor.org and the American Academy of Family Physicians.

out if this

Hanau Community —Büdingen, Hanau

Delegates examine issues at AFAP Conference

Top concerns include parking, jobs for spouses and Tricare for civilians

By Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

Their efforts go a long way toward improving the quality-of-life for members of the Army family worldwide.

Delegates participating in the Army Family Action Plan effort dedicate their time to seek ways to improve overall operations, find ways to do things better and to enhance life for those who live and work in Army communities.

Members of the Hanau Community gathered at the Community Activity Center on Fliegerhorst Kaserne Jan. 25 to discuss this year's issues submitted by Soldiers, civilians and family members throughout the community.

"We had more than 30 issues submitted ranging from a suggestion to offer breakfast in the schools for students to concerns about the quality of produce in the commissary," said Jenny Sposato, Hanau Army Community Service Relocation Readiness Program manager, who along with Mary Jernigan, ACS Employment Readiness Program manager, facilitated the Hanau AFAP Conference.

"About 30 delegates participated, including representatives from all of the units in the Hanau Community," she said, adding that Col. Herman "Tracy" Williams III, U.S. Army Garrison Hessen commander, welcomed the delegates and helped conclude the conference, themed "Setting Standards of Living for a Transforming Army."

Of three issues deemed worthy of group discussion, one will be forwarded on to the next higher command for consideration (employment spousal preference for spouses of deceased Soldiers and retirees), one was resolved during the conference (parking for pregnant women at the Post Office) and one was deemed not obtainable (Tricare for civil-



Photo by Ulrike Raa

Hanau Community AFAP delegates discuss issues of concern at the conference Jan. 25.

ians), she said.

This year's issues were:

← Tricare insurance for civilians

Scope: Army-wide

Resolution: If civilians were to purchase Tricare Prime the cost would be extremely high, more expensive than plans currently available. For difficulties

based upon language barriers, civilians can contact their local Tricare office for assistance.

 \leftrightarrow Post Office parking for pregnant women.

Scope: There is not a spot designated in front of the Post Office for pregnant women to park. If the parking lot is full, it is difficult for pregnant women to carry heavy packages.

This situation creates a potential health risk for mother and child.

Recommendation: Create a system to allow pregnant women to obtain temporary handicapped permit or design a sign to place under existing handicapped sign allowing pregnant women to park there.

 $\label{eq:continuous} \leftarrow \quad \text{Employment preference eligibility for spouses of deceased and retired Army personnel.}$

Scope: Spouses of deceased Soldiers and retirees

are not eligible for spousal preference. Opportunities for employment and career development are limited with the loss of spousal preference. This creates severe financial hardship for military families.

Recommendation: Authorize spouses of retired or deceased personnel to qualify for spousal preference in the hiring process. Develop policies and

procedures to implement spousal preference opportunities for spouses of retired or deceased personnel.

"The AFAP process is open to everyone including retirees," said Sposato. "It's an opportunity to change the Army. AFAP provides a forum for the discussion and resolution of issues of concern that affect

Soldiers and their families. It's a process that lets Soldiers and families say what is working and what is not—and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention, and it gives them the opportunity to quickly put plans into place to work toward resolving the issues.

"It doesn't do any good to just complain," she said. "If you want to make changes, be part of the solution."

Sposato added that everyone at this year's AFAP conference came ready to be involved. "They wanted to make it a good conference and had a positive attitude."

"It was very informative," said Eileen McCormick, an ACS volunteer and AFAP delegate.

"The big issue for our group was gas prices," said McCormick, adding that having a knowledgeable subject matter expert from the Army and Air Force Exchange Service on hand provided informed answers.

"I was also surprised that our issue, parking for pregnant women in front of the Post Office, was solved right there. We got immediate results," she said.

"I advise everyone to get involved in the AFAP process. Ask questions," said McCormick. "I think it makes a difference"

139th Postal Company welcomes new commander



Lt. Col. Richard Shepard (left), commander of the 38th Personnel Services Battalion, passes the colors to the incoming commander of the 139th Postal Company, Capt. Noble Turner, at the change of command ceremony Feb. 5 at the Pioneer Fitness Center. Turner assumed command of the "Rough Riders" from Capt. Patrick J.O. Husted. In his outgoing remarks Husted said, "When everyone else in USAREUR is enjoying four-day weekends and taking leave at Christmas, these Soldiers are working moving mail and making the company the success it is today." With the upcoming inactivation of the 55th Personnel Services Battalion the 139th now falls under the 38th PSB from Bamberg. Photo by Dennis Johnson

www.usaghessen.eur.army.mil Peb. 15,2007 Herald Union Page 23

Hanau Community – Büdingen, Hanau

Sportfield SAS earns national accreditation

Sportfield School-Age Services received accreditation from the National AfterSchool Association in January. Sportfield SAS met or exceeded the NAA's requirement for accreditation based on 144 quality standards for school-age care. These standards describe the best practices in after-school programs. They focus on six keys to quality: human relationships; indoor environment; outdoor environment; activities; safety, health, and nutrition; and administration. As one of the first school-age programs in the nation to be accredited by NAA, Sportfield SAS is recognized nationally as a leader in quality care.

As part of the accreditation process Sportfield SAS underwent a self-study process that involved center staff, children, families and community members. A self-study team was formed to determine how Sportfield SAS was meeting the national standards for quality. After working to meet the 144 NAA standards, Sportfield applied for an endorsement visit. An accreditation team observed Sportfield for 24 hours and met with families, program staff and community leaders. They then sent a report to NAA where it was determined that Sportfield SAS met the criteria for NAA accreditation.

Parents, families, staff, children and youth of Sportfield SAS participated in the program improvement and accreditation process.

Organized in 1987, NAA is a leader in the school-age field that serves more than 3.2 million school-age children and youth. NAA developed the na-

tional accreditation system to recognize programs that are offering stimulating, safe and supportive programs for children and youth ages 5 to 14. NAA accreditation is a sign to parents and families that programs are offering quality care. For more information go to www. naaweb.org.



USO fitness classes

The Hanau USO offers many classes in the Hanau community. For information call mil 322-8725 or civ (06181) 88-8725.

Get fit with the Hanau USO and get \$10 off any two fitness classes.

Prenatal Yoga — Monday 4-5 p.m., four classes, \$40, Feb. 26 to March 19. This class includes gentle poses and guided breathing to reduce fatigue and tension while

promoting relaxation during your pregnancy.

Yoga Fusion - Monday and Wednesday, 5-6 p.m., eight classes, \$60, Feb. 26 to March 21. This class offers a sample of Pilates, strength training a n d Tai Chi.

Yoga for Everyone — Monday and Wednesday, 6-7 p.m., eight classes, \$60, Feb. 26 to March 21. This is an Iyengar-style yoga class for all fitness levels.

Free Monday Meditation class is included with Yoga for Everyone sign-up. Explore different types of meditation and breathing techniques. The 7 p.m. class will last about 20-30 minutes.

Morning Yoga — Tuesday and Wednesday, 7:30-8:30 a.m. or 9:30-10:30 a.m., eight classes, \$60, Feb. 27 to March 21. Start your day right with an energizing yoga class for all

Pilates Fusion — Tuesday and Wednesday, 8:30-9:30 a.m., eight classes, \$60, Feb. 27 to March 21. Your favorite traditional Pilates



moves blended with standing Pilates, progressive strength training and circuit training.

Lunchtime Fitness Buffet — Tuesday and Wednesday, 11:45 a.m. to 12:30 p.m., eight classes, \$40, Feb. 27 to March 21. Sorry, no food. Each session provides a 45-minute blast of the exercise variety you've been craving. Try cardio, strength training, yoga and much more. Each class changes so you'll never be bored.

Cardio Kickboxing — Tuesday, Wednesday and Thursday, 4-5 p.m., 12 classes, \$50, Feb. 27 to March 22. Kick and punch your way to your fitness goals, increase cardio endurance and burn fat. All fitness levels welcome.

Happy 66th birthday USO

Hanau USO staff invited USAG Hessen members to help celebrate the 66th birthday of the USO at their office Feb. 7. The USO has supported the military since 1941 when it was formed in response to a request from President Franklin D. Roosevelt, who thought it would be best if private organizations handled the on-leave recreation of the rapidly growing U.S. forces. Roosevelt's call to action led six civilian agencies to coordinate their efforts and form a new organization, the USO, Photo: Patrick Brennan, a Hanau USO volunteer, cuts a birthday cake for the USO celebration in Hanau.

Pilates — Tuesday and Thursday, 5:30-6:30 p.m., eight classes, \$50, Feb. 27 to March 22. Create a leaner, stronger you with exercises that tone your entire body. Bring a workout

Yoga Flow — Tuesday and Thursday, 6:30-7:30 p.m., eight classes, \$60, Feb. 27 to March 22. This is a Vinyasa-style class for all levels. Integrate breath with movement in this faster paced yoga class that increases flexibility and tones muscles while enhancing cardio endurance.

Free Tuesday Yoga Strength class included with Yoga Flow signup. This 7:30 p.m. class will last about 20-30 minutes.



Shooting for the Schützenschnur

For the past 25 years the 130th Engineer Brigade and the Reservistenkameradschaft Hanau (reservist comradeship association Hanau) have enjoyed a partnership as Soldiers and engineers. On Feb. 2 Command Sgt. Maj. Ernst Lehre of the RKV Hanau presented what will likely be the last Schützenschnur (German marksmanship awards) to 44 Soldiers of the 130th. As the engineer brigade prepares to inactivate this spring and Soldiers leave Hanau, these will probably be the last Hanau engineers to earn the German award. "I'm very happy to be here today, although it's probably the last time I'll be able to present the Schützenschnur to Soldiers of the 130th," said Lehre. "When you're back home, I hope you'll remember the old sergeant major who's been doing this for 25 years." The 44 awards — in bronze, silver and gold - were the highest number ever presented at one time, and the 130th Engineer Brigade has earned more German awards than any other American unit in Germany. The Soldiers fired three German weapons to earn the Schützenschnur badge: a pistol, rifle and machine gun.

Photo by Dennis Johnson

Hanau Community – Büdingen, Hanau

Community notes . . . Comunity notes

National Praver Luncheon

A National Prayer luncheon will be held Feb. 27 at 11:30 a.m. at the Community Activity Center on Fliegerhorst Kaserne. The guest speaker will be Col. Herman "Tracy" Williams III, U.S. Army Garrison Hessen commander. Tickets can be obtained from unit first sergeants and ministry teams for a \$5 donation to the USAG-Hessen chapel fund. For information contact Chaplain (Lt. Col.) Jerry Moates at mil 322-9225 or Jerry. Moates@us. army.mil.

Military Saves Week

Military Saves Week, Feb. 25 to March 4, is an initiative to encourage people to build their personal wealth by enrolling as military savers. For information and to enroll go to www.americasaves.org/national/military.asp or call the Hanau ACS financial readiness manager at mil 322-8097. ACS also offers financial classes including Thrift Savings Plan, Introduction to Investments, Protecting Your Identity and more. For information or to request unit briefs and classes contact Francis Mitchell at mil 322-8097 francis.mitchel@

Hanau Cub Scouts

104asg.mwr.army.mil.

The Hanau Cub Scouts will hold a cake auction Feb. 26 at 6 p.m. in the Argonner Elementary school cafeteria to raise money. For information call civ (06042) 978-100.

Community outprocessing briefing

Are you leaving the Hanau or Büdingen communities? Atthe community outprocessing briefing on the first and third Wednesday of each month at 1 p.m. Briefings are held in Building 20, Classroom 1. The next dates are Feb. 21 and March 7. For information contact the Central Processing Facility at mil 322-9372/8034 or visit Building 21, Room 14.

Photo studio closed

The Hanau Training Support Center photography section will be closed until March 16. Contact the Friedberg TSC at mil 324-3225 during this time.

Civilian training

These transition skills courses are free and designed for civilians.

Feb. 20-23 — Report Writing.

March 22-23 — Communication Skills.

To apply go www.chra.eur.army.mil and click on training and development, then on HRDD courses in Europe, then on course schedule. For information call mil 375-2063 or civ (0621) 487-2063.

SAEDA training

Subversion and Espionage Directed against the Army, Force Protection Aware-

> ness and Ethics Training will be held at the **Evening Star Theater** on Pioneer Kaserne Feb. 27 at 8:30 a.m. and 1:30 p.m. Arrive

early to sign 🖢in. Call mil 323-2372.

Welfare requests

The Hanau Community Spouses Club is accepting welfare requests until March 31. Organizations are eligible for funds and they should request money for a project to benefit



Book store moves

Noah Lamb, age 5, checks out the new installation of books in the Hanau Main Exchange. The Hanau Bookmark moved its stock into the PX in January. "Well, I like the books here. I think I'm going to buy some books, but I don't really know how to read yet," said Noah.

their community or organization. In the past the HCSC has funded the Scouts, school organizations, the Red Cross, USO and Family Readiness Groups. Requests should be emailed to christywhitaker@ vahoo.com. For more information call Christy Whitaker at civ (06181) 983-0321.

Kid's Korner

Every Wednesday is twofor-one day. Pay for one soft play admission or popcorn and get the second free. Every Thursday children get a oneday pass for soft play. The Kid's Korner is located at the Wolfgang Shopping Center in Hanau. Call mil 322-9013 or

Look for our sign and you'll find a friendly Pioneer Military Lending Inc. NOW HIRING: GENERAL OFFICE WORKERS and COLLECTION OFFICERS

If you are former military or a military dependant with computer skills & basic military knowledge to include pay system and chain of command, we may have something for you. If interested call, write or fax the European Manager:

Pioneer Sales SVC GmbH Postfach 110040 • 63434 Hanau Tel: 06181-95320 • Fax: 09181-9532-22 civ (06181) 88-9013.

Retirement and separation briefings

All Soldiers should attend a preretirement or preseparation briefing before leaving the Army. The preseparation briefings are held every third Tuesday of the month from 9-11 a.m. The next is Feb. 20. The next preretirement briefing will be March 14 from 9 a.m. to 4 p.m. All briefings are held at the transition center, Building 20, Pioneer Kaserne. Call mil 322-8731/9994 for informa-

Scholarship Program

Applications for the Hanau

Community Spouses Club 2007 Scholarship Program must be submitted by March 16.

Graduating high school students with a 2.0 GPA or higher and adult military ID card holders stationed within the U.S. Army Garrison Hanau Community enrolled in an accredited college or university are eligible. For information contact Jeannette Kula at jeannette.kula@us.army.mil.

EFMP screening

Exceptional Family Member Program screening is required for every family member when a Soldier moves to an overseas duty location and family member travel is authorized at government expense.

For Soldiers in Germany that includes consecutive overseas tours, inter-theater transfers, foreign-service tour extensions or a move to Alaska or Hawaii.

The screening must be completed within the year before the move. Contact Susan Mover, EFMP manager, at mil 322-8965, civ (06181) 88-8965 or susan.moyer1@us.army.mil for information.

Community Spouses Club board members

The Hanau Community Spouses' Club needs new board members. To help contact Susan Salomone at civ (0170) 815-4542 or Kathy Harlan at civ (06181) 520-6044.

MEDICAL PERMANENT MAKE-UP

The gentle medical permanent make-up even for allergy sufferers

High quality natural mineral pigments · No chemical additives · No stabilizers, preservatives or odorous substances · Certified by specialized dermatologists · No carcinogenic AZO-material

...and the safety of application under medical supervision



GYNLIFESTYLE

English speaking staff Call now for a free consultation at o6181-668 o414 (English speaking line)

Dr. Rudolph Weber Nuernberger Str. 4 · 63450 Hanau

Relaxation - Revitalization - Beauty - Medical Wellness

FERD. SCHLINGLOFF







EUROMOVERS

YOUR MOVING EXPERT IN THE RHEIN-MAIN AREA

Tel: 06181-916400 E-mail: schlingloff-hanau@t-online.de

Fax: 06181-91640-50 www.schlingloff.euromovers.de

Sports and leisure

Take a hike: A guide to volksmarching in U.S. Army Garrison Hessen

Special to the Herald Union

Volksmarching notes

* There's more to this feature than meets the eye. You'll find additional events listed in the online version of Take a Hike at www.usaghessen.eur.army. mil/hunion/Takeahike.htm.



* The 2007 international edition of the IVV calendar is now available. This book is a good buy at €4.70 as you'll find scheduled walks in more than 40 countries around the world, to include Germany and the United States. It's great for including a volksmarch in your travels. You may purchase the book from the DVV awards officer in the starthalle.

* Would you like to receive Take a Hike at the same time as the Herald Union editor? The complete, unedited version of the monthly volksmarching feature is available in its original Word document format by sending an email message to volksmarch@gmail.com with "subscribe" in the subject line.

* While walks may be fewer in number because of the season, they're also that way due to a shortage of event brochures. Readers are asked to pick up an extra set of event brochures for this column and mail them via MPS to: U.S. Army Garrison Hessen, Herald Union Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.

Weekend of Feb. 17-18

ad Marienberg — Although it's a bit of a drive, The holiday event in the Hoher Westerwald region of central Germany should be rather pretty. From Giessen use Autobahn 45 toward Herborn and Siegen and exit at Herborn-West to use B-255 and B-414. Drive west toward Hachenburg and watch for IVV directional signs.

Start: Schulzentrum Saturday and Sunday: 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) Trail: Hilly, wooded areas Award: Table lantern.

Weekend of Feb. 24-25

Rothenburg ob der Tauber — This walk explores the medieval walled city of Rothenburg. The Saturday-only old-town walk offers a mini-tour of its many shops and sights. It's crowded but not overwhelming; parking is plentiful. In conjunction with this special walk a 25 percent admission discount is offered to a number of museums and attractions by showing your IVV start card. Use Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim in order to reach Rothenburg. Alternately, Autobahns 3 and 7 via Würzburg and Kitzingen may be used.

Start: Sporthalle on Erlbacher Straße Saturday: 7 a.m. to noon (6, 11 and 20 km outside of city) and noon to 5 p.m. (11 km old-city trail) Sunday: 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) Trails: Old-City routes are paved and have steps; trails in the surrounding area are hilly and wooded Award: From previous events.

Teierbach — Close to home for Idar-Oberstein's residents, this scenic part of Germany is well known for its gemstones. From points east, head toward Bad Kreuznach using Autobahn 60 and B-41. Continue on B-41 toward Idar-Oberstein and Kirn in order to reach

Weierbach. It's a fairly short drive toward Bad Kreuznach on B-41 in order for wanderers in Idar-Oberstein to reach the start

Start: Hessenstein-Halle Saturday: 7:30 a.m. to 2 p.m. (6 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) Sunday: 7:30 a.m. to 1 p.m. (6 and 10 km) and 7:30 a.m. to noon (20 km) Trails: Very hilly with long uphill start, neighborhoods and woods Award: Vase Note: Short trail is stroller-friendly

Weekend of March 3-4

udwigshafen am Rhein - Trails will bring participants along the banks of the Rhein River. From the central portion of USAG Hessen use Autobahn 67 south to the Viernheimer Dreieck. Take Autobahn 6 toward Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs to the start. From Mainz, head south on Autobahn 61 to pick up Autobahn 6 eastbound and, as above, exit at Ludwigshafen-Nord.

Start: Gemeinschaftshaus in the Ludwigshafen suburb of Pfingstweide Saturday and Sunday: 6:30 a.m. to 1 p.m. (5, 10 and 20 km) Trails: Flat, mostly stroller-friendly fields and riverbank trails Award: Small decorative garden shovel.

liefenbach/Braunfels — This town is on the ▲ northern edge of Naturpark Hochtaunus in an area with many scenic tourist sites. Don't confuse this with another town of the same name in the Hunsrück region. From Giessen take B-49 west toward Limburg to an unnumbered road just past Bahnhof Braunfels to reach the start. From other communities use Autobahn 3, exiting at Limburg-Nord and take B-49 toward Giessen. Turn off B-49 just past Biskirchen to reach Tiefenbach.

Start: Mehrzweckhalle Saturday and Sunday: 7 a.m. to 12:30 p.m. (5, 10 and 20 km) Trails: Very hilly, woods Award: From previous events.

Weekend of March 10-11

Simmern/Hunsrück — This walk is in one of Germany's prettiest areas — the Hunsrück region west of Bingen. Take Autobahns 60 and 61 and the Rheinböllen exit, then pick up B-50 toward Kirchberg and Simmern. An unnumbered road will be used for the final mile or so to Simmern. From Idar-Oberstein use B-41, B-421 and B-50.

Start: Hunsrückhalle Saturday: 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 2 p.m. (20 km) Sunday: 7 a.m. to 1 p.m. (5, 10 and 20 km) Trails: Hilly, woods and fields Award: From previous events

Weekend of March 17-18

rankfurt/Main-Bergen-Enkheim—This event offers a variety of trails for different abilities. The start hall is at Borsigallee 40 in the Enkheim area of Frankfurt, across the street from the Hessen Center shopping mall and streetcar stop. The start hall is at the western end of Autobahn 66 when coming from Hanau. From Aschaffenburg and Hanau take A-66 right to the shopping center. From elsewhere, readers will need to consult their maps carefully if using a route other than A-66. Drivers can use

> Autobahns 3 and 661 (northbound) to find directional signs to Bergen-Enkheim, then follow small, white IVV signs to the start. Start: Volkshaus Enkheim Saturday: 7 a.m. to 3 p.m. (5 and 10 km), 7 a.m. to 1 p.m. (20 km) and 7-11 a.m. (30 km) Sunday: 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-11 a.m. (30 km) Trails: Shorter trails are slightly hilly and stroller-friendly for the large-wheeled variety, longer trails are hillier; woods, fields and some city streets Award: From previous events.

Things to do

USO adventures

Rhein-Main Area USOs feature ballroom dancing, cardio kickboxing, yoga and a host of other activities. Upcoming trips include Würzburg by Train Feb. 24, Paris Express Feb. 24, Luxembourg March 3, Neuschwanstein and Hohenschwangau Castles March 10, Tropical Islands March 16, Prague March 17-18, Saalburg and Hessenpark March 24, Poland Express Shopping March 24, Rhein River Cruise March 25 and Strasbourg March 31. Stop by your local USO for details.

Fasching party

An international Fasching Party will be held Feb. 16 at 10 p.m. at The Cantina (next to Tanzhaus West) on Frankfurt's Gutleutstrasse 294. Dress in costume and enjoy dancing to the music of four DJs. Entrance is €8 when in costume €20 without a costume. Visit www.spooktacular.de for more information.

Green Tie Bingo Ball

The American Women's Club of the Taunus holds a Green Tie Bingo Ball March 17 at the Hilton Frankfurt Hotel on Hochstrasse 4. Cost is €70 per person including a three-course buffet, wine, beer and sodas until 10 p.m.; a silent auction; a live band for dancing; prizes; bingo and more. Proceeds will benefit the Children's Hospital Höchst. Call civ (06171) 580 835 or email jckcope@aol.com for more information.

Ski club trips

Join like-minded winter sports enthusiasts in the Frankfurt International Ski Club for trips to some of

Europe's best slopes. The English-speaking club meets every other Wednesday at 7 p.m. at the Your's Irish Bar on Schillerstrasse in Frankfurt with the next social slated for Feb. 28. Upcoming trips include Saalbach Feb. 16-19, Jungfrau Feb. 23-25, Zell am See March 2-4, Engelberg March 9-11, La Grave March 10-17, St. Moritz March 16-19, Disentis March 23-25 and St. Anton March 30 to April 1. Visit www.fiscweb.org online or call civ (069) 9720 3669 for more information. The West Pfalz Ski Club meets every first and third Wednesday of the month at the Burgschänke Restaurant in Hohencken. Visit www.kwpskiclub.com.

Art exhibit

The Schirn Art Gallery in Frankfurt features the works of impressionist Odilon Redon through April 29. The Schirn is located between the Dom (cathedral) and Römer (town hall).

Live at the Alte Oper

Frankfurt's Alte Oper presents jazz legends McCoy Tyner and Roy Haynes March 3 at 8 p.m. Other concerts include the Hessischer Rundfunk Symphony Orchestra March 9, the Frankfurt Museum Orchestra March 11, Georges Moustaki March 15, the Glenn Miller Orchestra March 19 and members of the Moscow Philharmonic Orchestra March 24. Call civ (069) 1340 400 or visit www.alteoper.de.

Sports and leisure

Showing heart in the ring

Fighters, fans turn out in force for **Black History Boxing Tourney**

Story and photos by Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

Fight fans were treated to a little something extra at the 20th annual Black History Month Boxing Tournament Feb. 10 at Hanau's Pioneer Fitness Center. In addition to 11 heated bouts — boxers showing plenty of heart and determination - the evening featured tae kwon do demonstrations and even a few fancy dance moves to the delight of the crowd as boxers waited for the decision in bout nine.

While five fighters went home unchallenged — Elias Mejias, Eric Cox, David Gofman, Anatoli Wolf and Matthew Burton — 23 others entered the ring ready to face the best their opponents could deliver.

The evening's first two fights saw boxers from the U.S. Army Garrison Kaiserslautern squaring off against a couple of boxers from the German communities of Freigericht and Alzey. Featherweight Rosalee T. Gordon claimed a 3-2 decision over Nidia Kilchenstein in bout one and Alzey's Ivan Friedenberg put away Kaiserslautern's Daemont Johnson in a welterweight fight in bout two with Johnson throwing in the towel in round three.

Hanau's Hugo Perez was dominant through four punishing rounds in bout three. Perez won a 5-0 decision over his Alzey opponent Tekin Citak in the



Dexheim's Gail Moreno takes one on the nose from Bamberg's Aida Pence in their 125-pound bout. Pence won after the referee stopped the contest.

light welterweight fight.

Welterweights William E. Simmons of Friedberg and Eric Deffenbaugh of Hanau traded blows for four rounds in bout four with Simmons earning a 5-0 decision.

In the evening's second women's fight, a featherweight matchup between Bamberg's Aida Pence and Dexheim's Gail Moreno, the fighting only lasted into the third round with the referee giving Moreno three standing eight counts to conclude the bout and award the win to Pence.

Bout six saw Kaiserslautern's Roberto Figueroa claim a 3-2 decision over fellow middleweight Shallum Harris of Bamberg.

Cheers from the home crowd helped inspire Hanau's William Bradsher III in his middleweight bout with Alzey's Hacine Razine. Bradsher, who said he's been fighting for about two years, kept

> the pressure on Razine for four rounds to claim a 5-0 decision.

"I knew he was a young fighter," said the 30-yearold Bradsher, "so I went hard on him a little bit. He looked kind of scared. knew I couldn't lose — I've got six kids sitting here watching. I felt real good in winning."

Alzey's Marcel Wein battled Wiesbaden's Dexter Smith to a 4-1 decision in bout eight to win their 178pound light heavyweight fight.

Then came the evening's highlight a middleweight slug fest between Freigericht's Nuo Zhu and Dexheim's Tabitha Cornelo. In the opening rounds it appeared Zhu had the fight all but sewn up as she pommeled Cornelo, driving her backwards around the ring. But by round three Cornelo was determined to take back control of the action.

"I was thinking I was tired as hell, but I didn't want to lose," said Cornelo, who was promoted the day before at her unit, the 123rd Main Support Battalion. "I'm from Los Angeles and I had to represent. I totally underestimated her in the first two rounds — she surprised me a lot. ... But my friend told me don't let yourself lose."

As the fighters waited anxiously for the judges' decision after the bout, Zhu entertained the crowd with some spirited dance moves. Then the decision came - Cornelo earned the gold with a 3-2 decision.

"I feel great," said Cornelo, after her first official fight. "I'm on top of the

Alzey's Rachid El Hajjiovi defeated Kaiserslautern's Shawn Sullivan in bout 10 and Dexheim's Saiyd Muhammad stopped Kaiserslautern's Jason Murphy in round two to win their light heavyweight bout.

Freigericht's Alina Telke stood alone in the ring for the evening's final bout with Dexheim's Celise Malone pulling a no-show and Telke winning by default.

Sports shorts

Civilian Fitness Program

The Health Promotions Office will hold assessments for its current and upcoming Civilian Fitness Program throughout U.S. Army Garrison Hessen. The one-time program allows civilian employees to work out for up to three hours a week during duty hours for a six-month period. Assessments will be held at Hanau's Pioneer Fitness Center March 6-7 from 11 a.m. to 2 p.m., at Friedberg's Ray Barracks Fitness Center (final assessments only) March 13 from 10 a.m. to 4 p.m., Giessen's Miller Hall Fitness Center (final assessments only) March 14 from 10 a.m. to 4 p.m. and at the Wiesbaden Fitness Center on Wiesbaden Army Airfield March 20-21 from 11 a.m. to 2 p.m. Visit www.usaghessen.eur.army.mil/sites/ fit/civilianfitness.asp for details.

Hanau softball

Practice for the 2007 Hanau men's softball team will start Feb 24 at 1 p.m. at the Pioneer Kaserne softball field. All players interested in challenging the best teams in U.S. Army Europe are welcome to try out. Contact Ken Romberger at civ (0170) 389 3691 or Sgt. 1st Class Gilmer at civ (06181) 88-8429.

Basketball playoffs

Baumholder's Hall of Champions hosts the intramural basketball playoffs Feb. 19-28. Call mil 485-6671 for more information.

Racquetball Tournament

Hanau's Pioneer Fitness Center hosts a Racquetball Tournament March 3-4. Registration starts at 9 a.m. and competition begins at 10 a.m. Call mil 322-8197 for details.

Büdingen Dodge Ball

The Büdingen Fitness Center holds a Dodge Ball Tournament March 15 at 4 p.m. with a maximum of eight people per team. Call civ (06042) 80-737 or mil 321-4737.

Ski, snowboard contest

Skiers and snowboarders are invited to compete in the Jeep 2007 U.S. Forces Europe Ski and Snowboard Championship March 10-11 at the NATO School and Kolben Ski Area in Oberammergau. The event is open to all U.S. ID cardholders age 6 and up. Registration forms are available at www.mwreurope.com. Call Wiesbaden Outdoor Recreation at civ (0611) 705-5760 for more information.



Alzey's Marcel Wein drives Wiesbaden's Dexter Smith into the ropes during their light heavyweight bout.







At the movies Feb. 15 to March 1

Baumholder, Wagon Wheel

Feb. 16 — Rocky Balboa (PG) 7 p.m.

Feb. 17 — Freedom Writers (PG-13) 7 p.m.

Feb. 18 — Eragon (PG) 4 p.m.

Feb. 23 — Apocalypto (R) 7 p.m.

Feb. 24 — The Good Shepherd (R) 7 p.m.

Feb. 25 — Catch And Release (PG-13) 4 p.m.

Büdingen, Little

Feb. 16 — Turistas (R) 7 p.m. **Feb. 17** — The Holiday (PG-13) 3

p.m.

Feb. 23 — Eragon (PG) 7 p.m.

Feb. 24 — Unaccompanied Minors (PG) 3 p.m.

Dexheim, Rhein

Feb. 16 — Eragon (PG) 7 p.m.

Feb. 17 — Blood Diamond (R) 7 p.m.

Feb. 22 — Rocky Balboa (PG) 7 p.m.

Feb. 23 — Code Name: The Cleaner (PG-13) 7 p.m.

Feb. 24 — Apocalypto (R) 7 p.m. **March 1** — Apocalypto (R) 7 p.m.

Giessen, Skyline

Feb. 16 — Night At The Museum (PG) 7 p.m.

Feb. 17 — Rocky Balboa (PG) 7 p.m.

Feb. 18 — The Pursuit Of Happyness (PG-13) 3 p.m.

Feb. 23 — The Good Shepherd (R) 7 p.m.

Feb. 24 — Code Name: The Cleaner (PG-13) 7 p.m.

Feb. 25 — Rocky Balboa (PG) 3 p.m.

Hanau, Evening Star

Feb. 16 — Rocky Balboa (PG) 7



Eddie Murphy plays various roles while starring with Thandie Newton in the romantic comedy "Norbit."

p.m. Freedom Writers (PG-13) 9:30 p.m.

Feb. 17 — Freedom Writers (PG-13) 7 p.m. Rocky Balboa (PG) 9:30 p.m.

Feb. 18 — Freedom Writers (PG-13) 7 p.m.

Feb. 19 — Eragon (PG) 7 p.m.

Feb. 20 — Blood Diamond (R) 7 p.m.

Feb. 21 — Rocky Balboa (PG) 7 p.m.

Feb. 22 — Blood Diamond (R) 7 p.m.

Feb. 23 — Catch And Release (PG-13) 7 p.m. The Good Shepherd (R) 9:30 p.m.

Feb. 24 — Catch And Release (PG-13) 7 p.m. Apocalpyto (R) 9:30 p.m.

Feb. 25 — Catch And Release (PG-13) 7 p.m.

Feb. 26 — The Good Shepherd

(R) 7 p.m.

Feb. 27 — Apocalypto (R) 7 p.m. Feb. 28 — The Good Shepherd (R) 7 p.m.

March 1 — Apocalypto (R) 7 p.m.

Wiesbaden, Taunus

Feb. 16 — Norbit (PG-13) 7 p.m. Blood Diamond (R) 9:30 p.m.

Feb. 17 — Eragon (PG) 4 p.m. Norbit (PG-13) 7 p.m. Blood Diamond (R) 9:30 p.m.

Feb. 18 — Rocky Balboa (PG) 4 p.m. Norbit (PG-13) 7 p.m.

Feb. 19 — Eragon (PG) 7 p.m.

Feb. 20 — Blood Diamond (R) 7 p.m.

Feb. 21 — Rocky Balboa (PG) 7 p.m.

Feb. 22 — Deja Vu (PG-13) 7 p.m.

Feb. 23 — Bridge To Terabithia (PG) 7 p.m. The Good Shepherd (R) 9:30 p.m.

Feb. 24 — Rocky Balboa (PG) 4 p.m. Bridge To Terabithia (PG) 7 p.m. Apocalypto (R) 9:30 p.m.

Feb. 25 — Unaccompanied Minors (PG) 4 p.m. Bridge To Terabithia (PG) 7 p.m.

Feb. 26 — Apocalypto (R) 7 p.m. Feb. 27 — The Good Shepherd (R) 7 p.m.

Feb. 28 — The Prestige (PG-13) 7 p.m.

March 1 — The Good Shepherd(R) 7 p.m.

Movies and times subject to change by local theaters. For the most upto-date schedule visit the garrison's website (see address below).

Movie plots

Rocky Balboa (PG) — Sylvester Stallone is back as Philly boxer Rocky Balboa, long since retired, but drawn back to the ring one last time. On the way he is challenged by a powerful new champion, personal tragedy and ultimately, himself.

Norbit (PG-13) — Eddie Murphy plays a meek guy pressed into marrying a monstrous woman (also Murphy), only to meet the woman of his dreams (Thandie Newton). Also stars Cuba Gooding Jr. as Newton's boyfriend.

Apocalypto (R) — Mel Gibson's epic adventure is set against the turbulent end times of the Mayan civilization. A man is taken to a world ruled by fear and oppression. Spurred by the power of love he makes a desperate break to return home and ultimately save his way of life.

Catch And Release (PG-13) — After the death of her fiance Gray Wheeler (Jennifer Garner) finds comfort in the company of his friends. As secrets about her supposedly perfect fiance emerge, Gray comes to see new sides of the man she thought she knew. She also finds herself drawn to another man.

The Good Shepherd (R) — The tumultuous early history of the Central Intelligence Agency is viewed through the prism of one man's life. Stars Matt Damon, Angelina Jolie and Robert De Niro.

Freedom Writers (PG-13) — Erin Gruwell (Hilary Swank) opens the eyes of a group of racially charged juvenile delinquents, gang members and underprivileged students to the experiences of those suffering intolerance outside of their community.

Blood Diamond (R) — Leonardo DiCaprio plays a smuggler who specializes in the sale of "blood diamonds" — precious stones used to finance rebellions, privateers and terrorists during Sierra Leone's civil war in 1999. When the smuggler encounters a farmer whose son has disappeared into the army of child soldiers, the two men's fates become linked.

Deja Vu (PG-13) — Denzel Washington portrays an FBI agent who, upon discovering that a woman he loves was among the victims of a ferry terrorist attack, travels back in time. Also stars Val Kilmer, Paula Patton and Jim Caviezel.

The Pursuit Of Happyness (PG-13)

— Chris Gardner (Will Smith) is a salesman and a single father struggling to raise his 5-year-old son (Jaden Smith). When they are evicted from their apartment, Gardner finds himself alone with his son in San Francisco and no place to go. Forced to live in shelters, Chris refuses to let this dampen his spirits as he pursues his dream of security.



Rocky (Sylvester Stallone) battles Mason Dixon (Antonio Tarver) in the latest sequel to the boxing franchise, "Rocky Balboa."

Classified advertising

Accomodation, for **SALE**

apts for Wiesbaden, Darmstadt, Frankfurt 01635-707501. 0171-5109237. Email epdc-germ@t-online.de

! For Sale by Owner ! Beautiful Bavarian freestd house in Bechhofen 232sqm (plus basement) 750sqm enclosed garden 3-4BR, 3 full bath, 2 car garage w/electric opener, automatic rolladens, AFN/Euro Sat TV troughout, ISDN telephone system, computer network ready custom kitchen (2002), wood fireplace, open floor plan, custom Bavarian doors, covered patio, large balcony €420.000,00 Contact current American owner Shelby 06372-508688Hackncobra@aol.com

House for sale, 8km to RAB, 1FH, brand new, avail now, 5BR, 2 baths, liv/din rm, BIK, 245sqm liv space, floor heat, basem., patio, garage, 580sqm property, nice, quiet area €340.000 (no real estate fee!) P. Scherer, Landstuhl Tel. 06371-

Accommodation for Rent

House Wald-Michelbach 160sqm 4BR kitchen 2bath lrg dinrm w/ open fpl step down livrm open floorplan w/ tiled oven & 1 fire-pl 2 lrg terr 1 garage cpks quiet area beautif location 400sqm lot 16km Weinheim Call 0170-2368090

M, nchweiler: For rent or sale. House 25min to KL 3BR livrm kit shower rm garage 2 patios 120sqm €80,000 or Ä700+util+2mo dep / House 4BR shower rm bath open firepl kit dinrm livrm garage balc laundry 240sqm €1300+util+2mo 06331-259264 or 0179-





for only 2.10 cents Support and Software

in English

Erfenbach, beautiful new apt. 120sqm, 2bedr, 2 baths, big liv/din rm, floorheat, bik, terrace, quiet area, sep entrance, avail Feb 15th, rent Ä830.- + util call 06301-33050 An Absolutely Dream Apt 130sqm livrm, sep loft, 3BR, 2comf. baths, extra WC, big kitch, 2balc etc. / Also 110sqm top furn, apt ready to move in! Look - you will love it. 25min from Vogelweh direction Pirmasens Höhstr. 12, 66978 Merzalben. Call Roland Frick Tel. 06395-6206 or 0171-7735892

1Fam House for rent in Hochspeyer. 8km east of Panzer, Kleber Kas. 20min to RAB 4-5BR living-famroom, BIK w/appl 2.5bath 170sqm tiled-in firepl., balcony w/beautiful view. Quiet res. area carport & vard av 1March €1200 +util Call 0160-

For Sale

For Sale: M. I. Hummel figures (13) Some very old, all in good condition. Call 0173-2303494

AFN decoder w/remote \$225.00 baby: travel swing \$35.00, bottle/ food warmer(new) \$8.00, gates \$5.00 battery operated 4-wheeler w/charger \$30.00 german weed wacker \$10.00 call 0631-534-4440

GPS Navigon TS 5000T Mobil Navigator 5 (\$479 value) now \$350. Like new. Eur/US maps, car/wall adap, bike/car mnts, traffic jam avoid sys, and Free! 2GB card w/37 Eur countries. Ready for travel! Call 0175-6459197

Sky Digital Satellite Receiver w/ card and antenna \$200. 220v Room AC- \$75. Call 06371-47-5036

Moving-Must Sell: Black glass dining room table w/ 4 chairs - \$50, 3 piece black suede couch set - \$1500, Antique dining room table w/ 4 chairs - \$700. Pictures available upon request. Call 06303-800788 or 0160-4661501

Pets

Chihuahua puppies for 225\$ and up. 4 male, 3 female, chocolate & mixed colours, very loyal, 5 wks old, reserve yours today. Call 06181-5799048

ADRK Rottweiler puppies for sale! Kennel Vom Kuchenberg. Performance breeding, father numerous championships, numerous V ratings. www.kuchenberg.de call Christine Tel. 06337-1877

Beautiful Savannah kittens are looking for new homes. For more information contact: sansare@web. de or join our homepage: www.savannah-cats-online.de

Cairn Terrier for sale 6 months old, Everything included. Kennel, ALL shots, Micro Chip, Food, Toys, Shampoo, Etc Etc. Asking 550Euro. Good price, Paid 550Euro without all supplies. Please call Remington @ 0151-15417343

Yorkshire terrier puppy 8wks male very cute! Shots up to date! For sale Call: 0160-2747846 or email: afs_mitchell@yahoo.co

Puppies: Yorkshire, Jack Russel, Pug! All dew. w/shots and chip. 0177-7107800

Rehpinscher / Doberman puppies 3 male black / yellow 8wks no papers pure breed €400 obo Call 0171-2693894 or 06372-994927

Jobs

Stanley Vidmar, a division of Stanley Works, is seeking a Sales

Person to live & work in Germany. pref. the greater Kaiserslautern area. This position will use a consultative selling style to identify a customer's Industrial Storage needs to enable growth & profit targets. Candidate will be retired US Military or veteran, speak fluent German & has military & industrial installation experience. Stanley offers competitive pay & benefits. Interested parties should send their resume to kwiddows@stanleyworks.com

Lucky Chinese needs a driver, mini job basis, local deliveries must be ID card holder 0631-58047 or 0178-



We can't predict your future...

but we can help you prepare for it.

We can lend you money to help you with unforeseen problems, consolidate your loans, visit your family, buy that used car or anything else you're shopping for these days. At Pioneer Military Lending, you're the boss...and we're here to help you!

Today more than ever, we meet the short term borrowing need of our trustworthy military friends- active duty men and women just like you. And it's no secret that people just like you have trusted us to help them establish and develop a solid credit history since 1932. Don't delay! Let Pioneer help you today.

> Stop by or call our main European office for the address of a Pioneer broker in your area: Pioneer Sales & Service Vor der Pulvermühle 9, 63457 Hanau-Wolfgang Tel: 06181-9532-0

If not completely satisfied, just cancel within 15 days, and there is absolutely no cost for you.



DAWN® Ultra Concentrated Dish Liquid Original Scent, 38 oz.





PRINGLES® Potato Crisps Original Flavor, 6 oz., Bacon Ranch, Barbecue, Cheddar Cheese, Jalapeño, Pizza-licious, Ranch, Salt & Vinegar, Spicy Guacamole, Loaded Baked Potato, Chili Cheese or Sour Cream & Onion, 5.75 oz., Reduced Fat Sour Cream & Onion or Reduced Fat Originals, 5.125 oz. or Original Prints, 5.4 oz. All products may not be available in all stores. *Sale dates may vary in overseas locations.



TIDE® Liquid Laundry Detergent, 100 oz.
Original Scent with Bleach Alternative,
Febreze Freshness Spring & Renewal or
Meadows & Rain, Coldwater with
Fresh Scent or Glacier, 26-use,
April Fresh or Clean Breeze with
a Touch of Downy, 24-use
or Original Scent, Free
or Mountain Spring, 32-use



TIDE® Powder Laundry Detergent
High Efficiency, 31–use, 67 oz.,
April Fresh or Clean Breeze with a Touch of Downy,
Febreze Freshness Spring & Renewal
or Coldwater Fresh Scent, 31–use, 71 oz.,
Original Scent with Bleach or
Clean Breeze with Bleach, 31–use, 70 oz.
or Original Scent, Free or
Mountain Spring, 40–use, 70 oz.

CASCADE®

Dishwasher Detergent
Gel: Baking Soda Fresh
Scent or Lemon
Powder: Lemon or
Fresh Scent or



CLEARANCE SALE

* www.simbafurniture.com

Zeus Wrought Iron Bed Fr<mark>ame Queen Size</mark>





0.







Classic Model Sofa Set 3+<mark>2+1</mark> Italian Leather + Fabric Co<mark>mbination</mark>

\$ 2300

Mahogany Diningroom Set

Home Delivery Available
Layaway Program Available
All prices are Tax Free
(VAT form Accepted)

Store 1: Kindsbacher Str 39D 66877 Ramstein - Miesenbach 06371 462785 Store 2: Landstuhler Str 16 66877 Ramstein - Miesenbach 06371 952571

Relax Mattress w/ Box Spring Orthopedic Queen \$ 349

Twin - Full - Queen - King Size Available







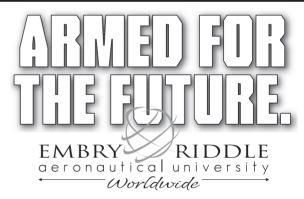
Build your dream home **100% financed** with your housing allowance.

An investment chance you'll never get again.

KAMPA is your first choice if you are looking for an experienced and capable partner (90.000 homes built), providing you with great service throughout the whole process.

Ask for Mrs. Diana Burns: cellular phone 01 71 - 9 55 84 62 mailto: diana.burns@kampa.de





Whether you're looking to improve your position within the Army or are beginning to think about life after military service, set your sites on Embry-Riddle. Our degree and certificate programs will give you the skills to launch your career to the next level.

- Associate, Bachelor, & Master Degrees
 - Technical Certificates
- Flexible scheduling: on-site and online

Wiesbaden Campus

eccj@erau.edu DSN: 337-7469

www.embryriddle.edu/ec

0-611-411-8032



American appreciation

Visit our website: www.eicher.be and save money!

world

now it's time to buy Tax free sales Lay-away-plan (no charges)

The best Lederprofi

Serving American customers since almost

U vears

Free home delivery and set up (immediate or within 24 months)
Credit cards accepted - Payments in US\$ or EURO How to find us: from Kaiserlautern take the A62/A1 di-rection Trier. At the intersection 130 "Dreieck Mosel-tal" follow A1 dire-tion Wittlich/Ko-blenz. At exit 126 "Kreuz Wittlich" change into A60 in direction Bitburg, Littich/Liber. direction Bitburg, Lüttich/Liège. Get out at exit #14 ST.VITH NORD, turn to the right.
Eicher/LEDERPROFI
is the first store on
the left.

Opening hours: daily 10am - 6pm undays 12am - 6pm WITH SALE

Exit 14 St.Vith-Nord

Leather 9000 m²

Buy now and pay later without costs!

B-4780 St.Vith Simply the best

How to find us: (Belgium) coming from Mons or Bruxelles follow direction Liège on the E40 (direction of furniture

Germany).

After Liège take
the E42 to Verviers and follow
the highway.
Get out at exit #14
ST.VITH NORD, turn
to left, LEDERPROFI
is the first store on
the left.



VOLVO WINTER WONDER = COOL DEAL



FOR A LIMITED TIME ONLY, BUY A 2007 VOLVO S40 WITH SELECT PACKAGE OR PREMIUM PACKAGE & GET ANOTHER PACKAGE FREE

This cool offer is also available for 2007 Volvo V50, S60 T5, V70, XC70 and XC90 models. You need only choose your favorite Volvo from our offer, purchase a Select. Premium or Touring Package and choose an additional package at no extra charge (XC90 Sport & Versatility Package Not Included).

OFFER VALID 2 JAN - 31 MAR 2007

CONTACT US TODAY FOR COMPLETE INFORMATION AND A TEST DRIVE

JAGUAR - LAND ROVER - VOLVO US MILITARY SALES

Kaiserslautern 0631-351700

Spangdahlem 06565-95730

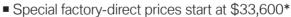
Aviano, Italy +39-0434-661401

Vicenza, Italy +39-0444-914477

info@capitolmotors.com

www.capitolmotors.com





- US Specifications
- BMW Factory Warranty
- Online ordering service for deployed personnel

For more information on the BMW X3 and the many unique benefits provided by the BMW Military Sales Program, visit a Pentagon Car Sales showroom near you. *Prices subject to change by BMW AG.





Mainz/Wiesbaden

Ludwig-Wolker-Str. 14 55252 Mainz-Kastel

Tel: 06134 567 800

Germany

Kaiserslautern Heidelberg Spangdahlem/ Bitburg Sales@PentagonCarSales.com www.PentagonCarSales.com

Italy

Spain Rota

Aviano La Maddalena Naples Sigonella Vicenza